

Carolina country



Shedding Light

INSIDE:

Your favorite photos
Power for the future
Protecting family forests

Your Touchstone Energy Cooperative

PERIODICAL

Piedmont EMC introduces revised website geared to helping you save—pages 29–32

SAVE When You Grow A Zoysia Lawn From Plugs!

From Plugs

To A Fabulous Lawn



Zoysia Lawns are thick, dense and lush!

GRASS SEED WILL NEVER GROW A LAWN LIKE THIS!

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Zoysia Grows Where Other Grass Doesn't!

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Carolina Country Scenes

Every time I drive by this place at the airport in Hickory, it looks different, depending on the weather.

Cheryl Travis, Hildebran, Rutherford EMC



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ON THE COVER

Callie Coltrain of Ayden, a student at Pitt Community College, made the cover photo of her late grandfather's Massey Ferguson during late-day light in the barn. The family's electric cooperative is Tideland EMC. See the entire selection from this year's photo contest beginning on page 15.




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2010 George W.
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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.


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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.

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HAS YOUR ADDRESS CHANGED?

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Where will your electric power come from in the future?



By Bob L. McDuffie

The power generation industry continues to change more than you can imagine. Traditional power resources consisted of nuclear- and coal-fired generation, and although they still make up the largest part of our generation resources, we are seeing other resources utilized more heavily as we move forward.


Many coal-fired power plants are being replaced in order to switch to a now cheaper and less controversial fuel such as natural gas. Although the trend became noticeable in the late 1990s, it hasn't been until the past few years that change accelerated. Some utilities are closing older coal-fired power plants and are starting fresh, while others are converting their coal-fired plants to run on natural gas. Power providers may be switching to hedge against possibly more stringent carbon emission legislation, but it is not the only reason. Many are capitalizing on current natural gas prices to bring more of these plants online, with expectations that natural gas prices will remain somewhat stable. The U.S. Energy Information Administration reports that coal-fired facilities are expected to drop to 10 percent of total new capacity in the U.S. in 2013, down from 18 percent in 2009. However, gas-fired plants may jump to 82 percent of new capacity in 2013, up from 42 percent in 2012.

A big variable in the transition to natural gas-fired power plants is ensuring the resource supply can meet the increasing demand. Hydraulic fracturing is a method used to extract natural gas from underground shale, and this method is facing opposition in some regions. Decisions by states to allow hydraulic fracturing will play a big part in the future of natural gas-fired power plants.

Nuclear power will also continue to play a primary role in power generation. It still provides the most reliable and cost-effective energy to electric consumers across the U.S. However,

the Fukushima Daiichi nuclear disaster in Tokyo during March 2011 has brought scrutiny to the nuclear power industry. Stricter safety standards will increase the operating and construction costs required for nuclear plants. This, combined with the ongoing issue of nuclear waste storage, will hamper the growth of nuclear power generation. Although Yucca Mountain, Nevada, was approved by Congress in 2002 as a waste storage site, it has faced obstacles that have prevented it from being used. Congress terminated funding in April 2011, and the future of the site remains uncertain.

The U.S. and North Carolina recently have seen greater interest and growth in renewable energy resources. North Carolina's renewable energy standards legislation in 2007 has impacted all power providers. Since then, cooperatives and other utilities have added significant renewable energy generation resources to our portfolios. Federal and state tax incentives also attract renewable energy developers to our area. Solar power for generating electricity has become popular statewide. Installed solar prices have dropped substantially over the past few years, with prices going from nearly \$5 per watt to almost \$1 per watt. Although solar power cannot be relied upon as a constant power resource, it is possible we will continue to see abundant growth in this area as long as tax subsidies remain in place.

As you can see, the future of the power industry is very volatile and uncertain. However, we must plan accordingly in order to hedge our risks and to help keep electric rates as low as possible for our member-owners. 

Bob McDuffie is CEO of Edgecombe-Martin County EMC, the Touchstone Energy cooperative serving more than 11,700 member accounts in Edgecombe and Martin counties and parts of Beaufort, Bertie, Halifax, Pitt and Wilson counties.



The Old Ferguson Place & Central EMC

This is The Old Ferguson Place (named by the Moore County listing of historic homes) located at 4056 NC Hwy. 24-27 approximately three miles west of Cameron. The home was

built in the 1820s by Big John McNeil, who is buried at Union Presbyterian Church. The photo is by Jessica Meyer.

The home is owned by Dr. John A. Phillips III, and the farm is still an active farm, primarily growing long leaf pine.

An annual pig-picking for Phillips family and friends has been held here every October for more than 30 years. My wife Elizabeth's mother, Flora Phillips, and uncles Jack and Pete were born in this home in the early 1900s.

During a wind storm in May 2013, the power lines to the home were torn down and the meter box and electrical connections were ripped off. A Central EMC engineer promptly came out, suggested an underground service, located a new power pole, flagged the installation route and notified installation staff. I installed a new meter box for underground service and called the co-op's main office. Installation was just as prompt, competent and professional, even to raking down the disturbed areas from the underground trenching to restore the yard. We appreciate the hard work of Central EMC's folks.

William L. Meyer, Raleigh

More solar

I was pleased to read Michael Burnette's column in the January 2014 Carolina Country ["Sunshine is free. Solar power is not"]. He informed readers that solar power is a substantial contributor to the overall electrical grid. North Carolina ranks fifth in the nation by installed solar electric capacity. We should be proud of this statistic, especially considering that we do not have the ideal solar receiving conditions found in the relatively cloudless Southwest.

While solar power currently accounts for less than 1 percent of energy generation in the U.S., a report finds that solar power's contribution could grow to 10 percent of the nation's power needs by 2025. The cost per kilowatt-hour of solar photovoltaic systems has also been dropping, while electricity generated from fossil fuels is becoming more expensive. As a result, the report projects that solar power will reach cost parity with conventional power sources in many U.S. markets by 2015.

This is all good news and should be shared. Mr. Burnette's tone seems one of reluctant acceptance of the new energy kid on the block: "Solar arrays on buildings ... can supply electricity to

those buildings—when the sun shines." He uses that qualifying phrase "when the sun shines" at least five times.

We all understand that we cannot collect solar energy at night. However, research is promising for improved storage technologies. But let's please put this limitation in context by comparing it with limitations of the other options. Yes, traditional sources of electrical power can provide uninterrupted flow. We can use coal—even though it is the single largest contributor to greenhouse gases. (How can any discussion of the future of electricity not consider the climate crisis?) We can use natural gas—even though the fracking process used to extract natural gas can poison water supplies, contribute to earthquakes and releases methane, another potent greenhouse gas. We can use nuclear—even though more Fukushima disasters are likely.

Solar is free. It is free of the earth-threatening byproducts of traditional, non-renewable energy sources. And solar is forever (well, maybe only a few billion years). Let's celebrate, advocate for, support further research on, and widely distribute more solar power capacity.

John Cotterman, Hillsborough, Piedmont EMC



Crazy

I thought this would be a good picture to publish in winter, maybe to warm you up. My sister Lola, from Palm Beach County, is on the left. She visited me here in Haywood County, and we went out in my back yard under the flowering arbor wearing our bathing suits in 32-degree weather while it was snowing. Crazy, huh?

Lily Davis, Canton, Haywood EMC

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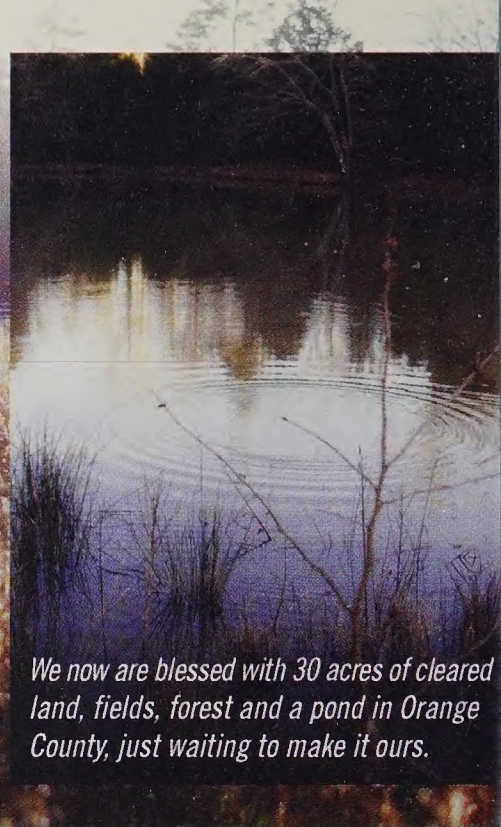
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We now are blessed with 30 acres of cleared land, fields, forest and a pond in Orange County, just waiting to make it ours.

ADVENTURES OF THE HOMESTEAD REDHEAD

Moving on

By Laura Conner Massengale

Welcome back to the homestead. It has been a whirlwind of a winter season. These past few months have brought intense change, challenges and countless blessings.

My parents placed their house on the market before the holidays, and in just a few days it sold to a wonderful family. That big white house on the hill contained the largest portion of my childhood. Those walls held years of memories, laughter and significant moments that helped me become who I am today.

On our last night in the house, we all sat together at the big white kitchen table that gathered us so many times before. With watery eyes and warm hearts, we spent our last few hours in

the house sharing our favorite memories. As my parents, sister, brother-in-law, two nieces and two nephews walked out of those familiar doors for the last time, we left with the image of a beautiful, bright full moon smiling down on us in our rear view mirror.

This was the beginning of our grand journey towards our big farm.

Selling my Little Bit Farm homestead was next on the journey. In just two weeks, my peaceful little homestead sold. I had to re-home George Washington, my ever vocal rooster, and his flock of girls. Houdini and Doyle, my outdoor pigs, are staying at another farm temporarily, until our barn is complete. My flock of girls that has been with me since the beginning of my homesteading adventures remained on the homestead where they will live out the rest of their days roaming the grounds they have known their entire lives.

We were incredibly blessed to find an amazing piece of property for our future farm. Three plots of 10 acres sat side-by-side in Orange County surrounded by beautiful horse farms, just waiting for us to make it ours. The 30 acres contain cleared land, fields, forest and a stunning pond. With the approval of the family and lots of prayer, we made those 30 acres ours for good.

Plans are now heavily in motion

for building a beautiful barn and my parents' home on the farm. Oliver the indoor pig and Peanut, my little rescue dog, and I are living in an adorable rental house in downtown Mebane. It has definitely been an adjustment not living on the homestead, but we are enjoying the change of pace.

I will begin building my home on the farm next year, I hope. My sister, her hubby and their four kiddos will follow sometime after me. In the future, we will all be on the farm together, experiencing farm life and farm challenges together as a family once again.

Conversations are filled with excited chatter about the details of the farm. An orchard, dairy cow, chickens, horses, beef cattle, gardens and homegrown and homemade family dinners are just a few of our ever-flowing ideas. I am so excited at the idea of being able to make fresh cheese from milk I harvest myself, spend sunny afternoons gathering fruit from the orchard and watching the horses lazily grazing in the pasture.

The dream of having a family farm is now a tangible reality. I am blessed beyond words to experience this adventure with the people I love the most. **B**

Laura Conner and her family are members of Piedmont EMC and live in Orange County. Follow her homesteading adventures at homesteadredhead.com



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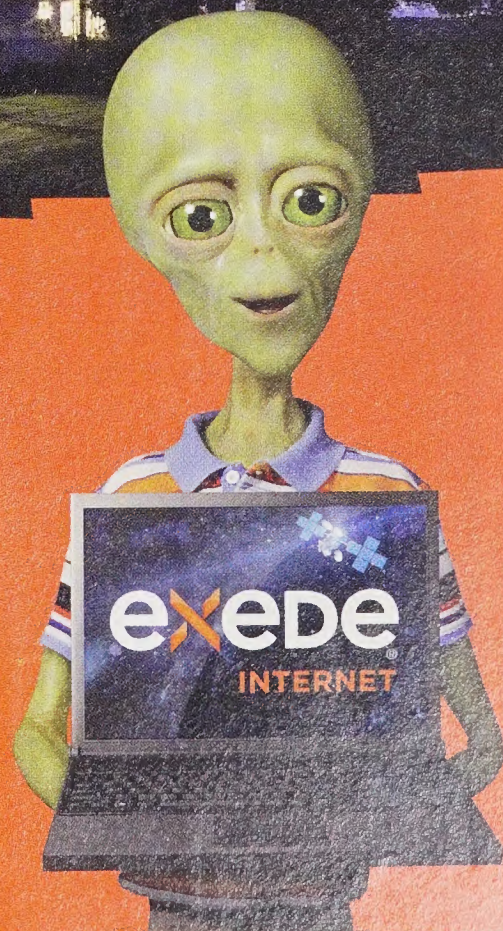
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In charge of the light brigade

Switching Out Classic Bulbs!

2012

72-W (or less) bulbs replace 100-W incandescent bulbs.

2013

53-W (or less) bulbs replace 75-W incandescent bulbs.

2014

29-W and 43-W (or less) bulbs replace 40-W and 60-W incandescent bulbs.

energysavers.gov/lighting

You may have already noticed that your local stores carry fewer, if any, of the traditional 60-watt and 40-watt light bulbs. In the last of a multi-year phase-out of the traditional incandescent bulbs — considered inefficient by today's standards — the old-style 60-watt and 40-watt bulbs as of Jan. 1 can no longer be manufactured or imported in the U.S.

The 2007 law signed by President George W. Bush required new light bulbs beginning in 2012 to use at least 28 percent less power than the conventional incandescent light bulb. The law is technology-neutral, so any type of bulb can be sold as long as it meets the efficiency standard.

Consumers today can choose from a variety of more efficient light bulbs, including improved halogen incandescents, CFLs (compact fluorescent lights) and LEDs (light emitting diodes). These new bulbs produce similar light as the old incandescents but use less power. All the major lighting manufacturers produce compliant, more efficient bulbs.

While some politicians decried the requirements as “over regulation,” the change was in fact promoted by the lighting industry. “Light bulb manufacturers whole-heartedly supported the efficiency standards,” wrote Timothy P. Carney in the Jan. 3 Washington Examiner. “General Electric, Sylvania and Philips — the three companies that dominated the bulb industry — all backed the 2007 rule, while opposing proposals to explicitly outlaw incandescent technology (thus leaving the door open for high-efficiency incandescents)... This wasn't a case of an industry getting on board with an inevitable regulation in order to tweak it. The lighting industry was the main reason the legislation was moving.”

Replacing a 60-watt incandescent bulb with a 13-watt, \$3 compact fluorescent bulb can save a household at least \$30 in energy costs during the life of that bulb — which can be 10 times longer than that of an incandescent bulb. A 12.5-watt LED bulb that is dimmable and can last up to 20 years costs about \$30.

How many does it take to change a light bulb?

How many local government officials does it take to replace an inefficient light bulb with an energy-efficient one?

Twenty: 19 to go on a fact-finding trip to the U.S. Virgin Islands to see how it's done there and then return home to tell one facilities manager to do it.

It's no joke, but send yours anyway to: editor@carolinacountry.com



Energy Efficiency Tip



Your heat pump can use 10 to 25 percent more energy if it's not properly maintained, which includes regularly checking and replacing the air filter when it's dirty to keep parts from working too hard or even becoming damaged. Keep brush and plants tidy around the outdoor unit, and dust the return registers inside. For more details on heat pump maintenance, visit EnergySavers.gov.

Source: U.S. Department of Energy

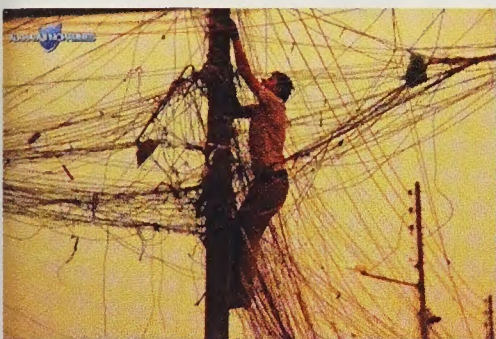
Hoops 4 Hope is Feb. 16

North Carolina's electric cooperatives are supporting the ninth annual Hoops 4 Hope women's basketball game at N.C. State Feb. 16. The Wolfpack plays UNC-Chapel Hill in a Sunday game at 3:30 p.m. in Reynolds Coliseum.

The game is intended to raise awareness and money for the Kay Yow Cancer Fund. The fund over the years has given some \$2.6 million for research into all women's cancers and support projects to assist the underserved. Former N.C. State women's basketball coach Kay Yow was first diagnosed with breast cancer in 1987 before passing away on Jan. 24, 2009.

To purchase tickets, go to gopack.com/hoopsforhope. For information about the Kay Yow fund, visit kayyow.com.





A scene in Baghdad's unreliable electric distribution system. (Al Khafaji Mohammed)

How about less than 7 hours of electricity per day?

If your electric power goes out for some reason, think of the situation in Baghdad, Iraq's largest city. The electric grid rarely supplies more than seven hours of electricity per day, and that's the best they've done for about 22 years. It's been bad there since the 1991 Gulf War, when coalition forces bombed and destroyed the nation's electricity grid.

Since the U.S.-led invasion that toppled the Saddam Hussein regime in 2003, a U.S.-backed reconstruction effort has pumped more than \$5 billion into rebuilding the electric grid and distribution systems, according to the Special Inspector General for Iraq Reconstruction. But in 10 years, there's been very slow progress. A rise in the use of consumer goods since the invasion has multiplied a demand for electricity that still cannot be met today. Corruption in the reconstruction business is a major reason for the problem, according to Al Monitor.

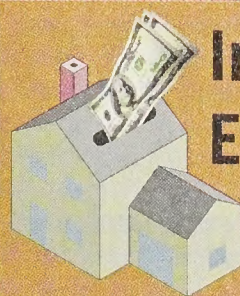
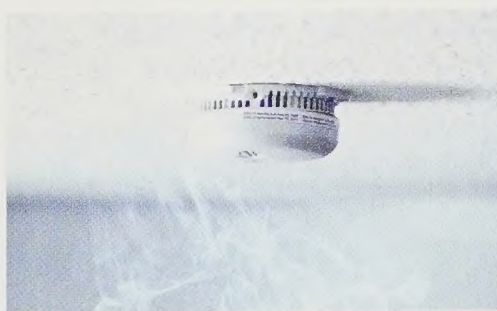
Private generator operators are doing brisk business in the city. Middle East Online reported last fall that a businessman operating two 500-kilo-volt diesel-fueled generators from a shack was supplying sporadic power to about 150 people in a neighborhood. The cost was \$30 for three amperes per month, enough electricity for a small fridge, a television, a fan and some lights. But his customers get cut off when their allotment is exceeded. Besides the pollution caused by a city full of neighborhood generators, overloading the household electrical system has ruined many small appliances.

Safe electrical systems for older adults

Adults over the age of 65 are more than twice as likely to die from a house fire as the general population, and this risk increases with age. Homes with aging electrical systems are at a heightened risk for electrical fires, posing a serious risk for older adults who have remained in the same home for an extended period of time. Our increased demands for energy can overburden an older home's electrical system causing fires or electrocutions.

Follow these easy safety tips from the Electrical Safety Foundation International to identify and prevent electrical hazards in your home:

- Regularly check all cords, outlets, switches and appliances for signs of damage or wear.
- Use extension cords only temporarily.
- Be sure that outlets that are not overloaded with too many devices. They can overheat and start a fire.
- Look and listen for warning signs of an electrical problem such as outlets and switches that are warm, or make crackling, sizzling or buzzing sounds.
- Always replace fuses or circuit breakers with the correct size and amperage. And make sure all circuits are labeled correctly.
- Consider having your breakers upgraded to state-of-the-art AFCI circuit breakers. Keep the electrical panel accessible so you can quickly shut off power in an emergency.
- Install smoke alarms on every level of your home. Place alarms inside each bedroom and outside each sleeping area. Test them once a month, change the batteries at least once a year, and replace the alarm itself every 10 years.



Invest in Efficiency

The benefits of some home efficiency investments aren't seen as quickly as others. Here's how a few upgrades compare over time:



Set Water Heater to 120°

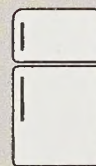
No Cost; Save \$73/yr

Open Window Blinds in Winter; Close in Summer

No Cost; Save \$35/yr

Adjust Thermostat 1° Down in Winter, 1° Up in Summer

No Cost; Save \$82/yr



ENERGY STAR Clothes Washer

Costs \$194 extra; Save \$140/yr

ENERGY STAR Refrigerator

Costs \$97 extra; Save \$100/yr

Wrap Hot Water Tank

Costs \$85; Save \$23/yr

Upgrade to ENERGY STAR Heat Pump (From 10 to 15 SEER)

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Source: U.S. Department of Energy Home Energy Saver, Touchstone Energy® Cooperatives. Based on national average savings; actual savings will vary by climate.

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Taming “phantom loads”

You can control energy used by appliances and electronics that stay on even when not in use

By Brian Sloboda



As children, most of us were told to turn off the TV when no one was in the room to avoid wasting energy. But with today's televisions, turning them off doesn't save as much energy as you think. “Off” doesn't really mean off anymore.

Lights, air conditioning and heating use most of your home's electricity. However, all of the TVs, computers, printers, phone chargers and other devices add up. Many gadgets use energy even when off, commonly referred to as “phantom loads” or “energy vampires.” Phantom loads can be found in almost every room, but a favorite “coffin” is your entertainment center.

Most televisions slowly sip electricity while waiting for someone to press the “on” button. They use energy to remember channel lineups, language preferences and the time. DVD players, DVRs and cable or satellite boxes also use energy when we think they're turned off.

So, which devices are okay to leave plugged in and which need to have a wooden stake driven through their hearts?

Identify “plug parasites”

Microwave ovens and alarm clocks, which use relatively small amounts of standby power, are OK to leave plugged in. A digital video recorder (DVR) uses a fairly significant amount of power when turned off, but if you record programs frequently you will want to leave it plugged in.

You don't have to worry about unplugging items with mechanical on/off switches, such as lamps, hair dryers or small kitchen appliances like toasters or mixers they don't draw any power when turned off.

How do you save energy on the other devices in your home? Try plugging electronics like personal computers, monitors, printers, speakers, stereos, DVD and video game players, and cell phone chargers into power strips. Not only do power strips with surge suppressors protect sensitive electronic components from power surges, you can quickly turn off several items at once. (Routers and modems also can be plugged into power strips, although they take longer to reactivate.)

Smart strips = easy savings

Power strips, however, are often hidden behind entertainment centers or under desks and forgotten. A better solution may be “smart strips.” Payback generally can be achieved in less than one year, depending on the equipment the strips control and how often they are used. (See graphic for more information.)

Brian Sloboda is a program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association. Additional research provided by ESource.



Stake Energy Vampires with Smart Strips

In an average home, 5 percent to 8 percent of electric use stems from “energy vampires”— devices that use power even when turned off. Smart power strips help you unplug energy-draining devices when not in use easily.

There are typically three different types of outlets on a smart strip:



The blue outlet serves as a control plug (ideal for a TV or computer).



Devices plugged into red outlets stay on—electricity to these receptacles never cuts off, making them perfect for satellite boxes and other items that need constant power.



Remaining outlets, often green or neutral in color, are sensitive to current flowing through the blue outlet. Turning off a device plugged into the blue outlet cuts power to items connected to these outlets.

Smart strips are available online or at specialty electronic retailers and generally cost \$20 or more depending on their size.

Source: Cooperative Research Network, Bits Ltd.

Can you help others save energy?

Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

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How to handle food after a power outage

Using thermometers in your fridge and freezer is a good idea

By Carole Howell

We know that after extreme weather causes a power outage, our electric cooperatives are swifter than anyone in restoring our electricity. But we do experience some extended outages of two or three days or more. Unless you have a home generator sized to power your refrigerator and freezer, you face the unhappy prospect that your pricey food supply is now soggy and spoiled.

Sadly, after a long stretch without refrigeration, many of our valuable groceries should simply be introduced to the trashcan.

Salmonella, shigella, and e. coli are just a few of the dangerous bacteria that can grow in food. Some folks find out the hard way that you just can't salvage some foods after they've been without refrigeration. According to WebMD, pregnant women, young children, older adults and people with impaired immune systems are particularly at risk for severe symptoms.

The good news is that some foods can be saved.

According to Ben Chapman, assistant professor and food safety specialist with North Carolina State University, most food-borne pathogens can grow rapidly in food if it's kept in temperatures of more than 41 degrees F.

In general, your risk decreases if your power is off no more than two hours, especially if you don't open the refrigerator door. Chapman strongly advises using thermometers in both your refrigerator and freezer so you can be sure you know the exact temperature before and after the power outage. It's the only way to really know how warm your food has become.

"Most food-borne pathogens don't grow at freezer temps, so frozen food may be safely refrozen if the food still contains ice crystals or is at 41 degrees F. or below," says Chapman. "Check your thermometer and evaluate each item separately. Partial thawing and refreezing may reduce the quality of some food, but the food won't be any riskier if it remains below 41 degrees."

As a safeguard, Chapman

recommends stocking your freezer with plastic food containers and milk jugs filled with water to keep your temperatures colder longer. Remember that water expands when it freezes, so don't fill containers to the brim.

After a prolonged outage, the USDA Food Safety and Inspection Service recommends the following:


Discard

- Raw or leftover cooked meat, poultry, fish or seafood
- Soy meat substitutes
- Thawing meat or poultry
- Meat, tuna, shrimp, chicken or egg salad
- Gravy, stuffing, broth
- Lunchmeats, hot dogs, bacon, sausage, dried beef
- Pizza with any topping
- Canned hams labeled "keep refrigerated"
- Canned meats and fish, opened
- Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco
- Shredded cheeses
- Low fat cheeses
- Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk
- Baby formula, opened
- Fresh eggs, hard-cooked in shell, egg dishes, egg products
- Custards and puddings
- Casseroles, soups, stews
- Fresh fruits, cut-up
- Opened mayonnaise, tartar sauce, horseradish (if held over 50 degrees F. for more than eight hours)
- Fish sauces (oyster sauce)
- Opened creamy-based dressings
- Spaghetti sauce, opened jar
- Refrigerator biscuits, rolls, cookie dough
- Cooked pasta, rice, potatoes
- Pasta salads
- Fresh pasta with mayonnaise or vinaigrette

- Cheesecake
- Pastries, cream-filled
- Pies: custard, cheese-filled, chiffon, quiche
- Greens, pre-cut, pre-washed, packaged
- Vegetables, cooked
- Vegetable juice, opened
- Baked potatoes
- Commercial garlic in oil
- Potato salad

Safe

- Cheddar, Colby, Swiss, Parmesan, Provolone, Romano
- Processed cheeses
- Grated Parmesan, Romano, or combination (in can or jar)
- Butter and margarine
- Fruits
- Fruit juices, opened
- Canned fruits, opened
- Fresh whole fruits, coconut, raisins, dried fruits,
- Candied fruits, dates
- Peanut butter
- Jelly, relish, taco sauce, mustard, catsup, olives, pickles
- Worcestershire, soy, barbecue, Hoisin sauces
- Opened vinegar-based dressings
- Bread, rolls, cakes, muffins, quick breads, tortillas
- Breakfast foods such as waffles, pancakes, bagels
- Pies, fruit
- Fresh mushrooms, herbs, spices
- Vegetables, raw, whole

The North Carolina Cooperative Extension Service has a helpful website with food safety information and other advice for preparing for natural disasters. You can even download a workbook for gathering your emergency information and contacts. Visit their website at www.ces.ncsu.edu/disaster. 

Carole Howell is a freelance writer living in Lincolnton. Visit her website at walkerbranchwrites.com.

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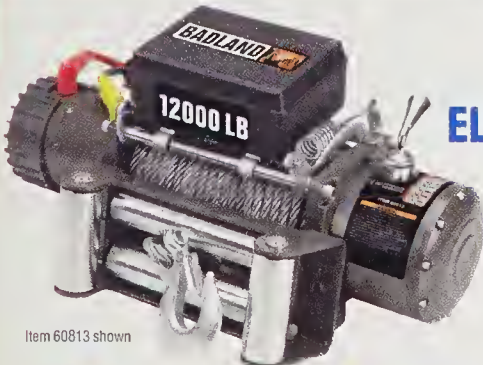
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011



[02]

CAROLINA COUNTRY scenes

A gallery of your favorite photos



03]



[O4]

[Thanks] to everyone who submitted pictures to our annual photo contest by the Dec. 15 deadline. The judges had the enjoyable but difficult task of choosing among about 600 photos of people and places throughout North Carolina. In addition to the images published this month, we'll run more of the pictures in a "Photo of the Month" feature beginning in the March magazine. More selections will appear as the "Photo of the Week" on our website (carolinacountry.com), where there's a collection of all pictures that have appeared there. And our  Facebook page is a place where we show even more pictures, including those you can post there yourself.

—The editors

[O1] Taylor loves Carrick

This is my daughter Taylor at the horse rescue barn where we volunteer. The rescue horse Carrick has stolen her heart.

—Donna Cavanaugh, Raleigh, Wake EMC

[O2] Laurel Knob

Laurel Knob in Ashe County at sunset on October 7, 2013. Grandfather Mountain is framed by trees.

—Mike Acquesta, Todd, Blue Ridge Electric

[O3] Murray's Mill perspective

Our photography class ventured to historic Murray's Mill, Catawba County, where even on a damp, chilly October day the landscape is breathtaking. I would encourage anyone to take a day to explore this historic site. I display this photo upside down, with the water reflection up, to challenge the viewer's perception.

—Nathan Young, Lenoir, Blue Ridge Electric

[O4] Hay bales

When the hay bales are out in the fields, I go a different way to work just to look at them. Nothing says "country" like a back road, a sunrise and a hay field.

—Courtney Webb, Wadesboro, Pee Dee EMC



05]

[05] Smoking out the queen

In July 2012, the top of a tree fell in the front yard. We had someone with a tractor come over to help push it into the woods. When he started pushing it, hundreds of honeybees swarmed out and started stinging him. He jumped off the tractor and ran across the yard to get away. I called Andrew Simpson, a local Harnett County beekeeper, to see if he wanted to come out and get the wild hive. He showed up soon after, smoked the area and searched for the queen. Here is Mr. Simpson in his search for the queen bee. He eventually found the queen and put her in the bee box with some of the honeycomb. Immediately, the other bees followed her pheromones and climbed right in after her.

—Jeffery Davidson, Lillington, South River EMC

[06] Are we OK?

This is my son at Aw Shucks Corn Maze and Pumpkin Patch in Monroe. We were waiting for the wagon ride and saw this cute pumpkin. Totally unprompted, he cut his eyes at the pumpkin.

—Carrie Leavitt, Wadesboro, Pee Dee EMC

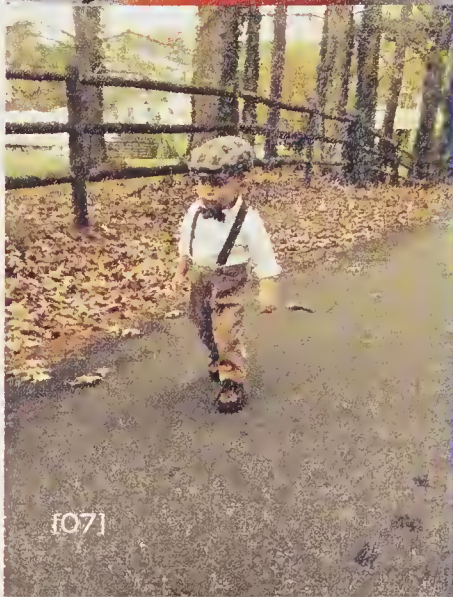


[06]

[07] Raylan on a stroll

My son Raylan Respass at 17 months enjoys a Sunday stroll in Rolling Pines (Plymouth) after church. Raylan already has a great appreciation of the outdoors of eastern North Carolina and aspires to be a fifth generation farmer at CKC farms in Terra Ceia.

—Amy Respass, Pantego, Tideland EMC



[07]

[08] Iron Mike

This is the Iron Mike statue at Fort Bragg.

—Mary Dassau, Hope Mills, Lumbee River EMC



[08]



[09] Natural native

This is my nephew Ashton. We were taking some pictures that could be used to promote our Native American heritage. He's a natural.

—Tony Barton, Maxton, Lumbee River EMC

[10] Supervisor

My husband and I were outside preparing to take out our old windows and replace them with new energy-efficient ones. I noticed that we were being watched. Our cat Axle is a very strict supervisor on home projects.

—Erin Clark, Wade, South River EMC

[11] Granddaddy Jones

This is a row of "Granddaddy Jones" sunflowers at sunset on our farm in Efland. These sunflowers are an heirloom variety that have been in our family for four generations.

—Howard McAdams, Efland, Piedmont EMC

[12] Crab stalking grounds

On a walk with my 10-year-old son one night on the beach at Topsail Island, he was dying to look for crabs. I am not sure what exactly he was going to do with them, but it seemed pretty important. So off we went with lantern in hand. The sand crabs scurried about like ghosts in the lantern light. We came across one that had given up running and hid in a footprint. It was an opportunity to teach my son the proper way to safely pick up a crab from behind, followed by how to release said crab from one's index finger.

—Mike Bitzenhofer, Wake Forest, Wake EMC

[13] Bel Air

On the first Saturday of the month, from May to October, Pilot Mountain hosts its Hot Nights, Hot Cars Cruise-In. People travel for miles to attend this summer event. One evening, I decided to take my camera. We were surprised by a torrential downpour, but the rain left a wonderful opportunity for a picture of a pretty Chevrolet Bel Air.

—Tiffany Bledsoe, Siloam, Surry-Yadkin EMC

[14] Prince yawns

Our horse Prince looks like he is smiling at us, but he was really yawning.

—Geoff Moore, Locust, Union Power Cooperative



[12]



[13]



[14]

[15] Oak Island light

I took this picture of the Oak Island Lighthouse after sunset on Nov. 10, 2012. I was particularly moved by the way the light reflects on the calm waters. What a magnificent way to end the day. It was a fall weekend retreat shared with some of my most cherished friends and family.

—Donna Banks, Roseboro, South River EMC

[16] Surprise

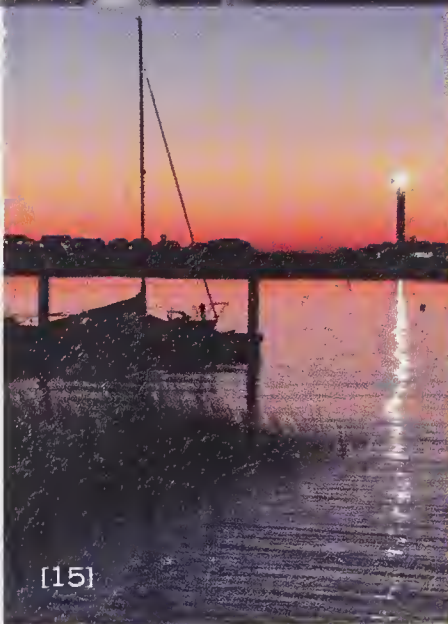
I recently found a love for sunflowers, so despite my lack of a green thumb I planted one pack of sunflower seeds beside the porch at my house. Surprisingly, six of the most gorgeous sunflowers that I have ever seen grew to be about seven feet tall. I was walking out of my house one morning and saw this butterfly out of the corner of my eye. I was able to capture the shot and still make it to work on time.

—Laura Bowden, Wade, South River EMC

[17] Easy rider

My boys play with these tree frogs in the pool, and the frogs get so tired from swimming they stop jumping. So the boys roll them around on these little skateboards.

—Frank Ellison, Clemmons, Brunswick EMC



[15]



[16]



[17]



[18]



[19]



[22]



[20]



[23]



[24]



[21]



[25]



[26]



[27]

[18] Misty morning

This was on my way to work one crisp January morning along Hwy. 501 south, just outside of Person County. It's truly a blessing to see and share God's beauty.

—Floyd A. Adams, Timberlake, Piedmont EMC

[19] Our John Deere

John Deere tractors have been part of country life for many years. I love this shot because the tractor has been used in the family for so long and has helped farm the fields where my grandparents live.

—Erin Dempsey, Lilesville, Pee Dee EMC

[20] Two ships

On the Cape Fear River in Wilmington, with the Battleship NC in the background. The tall ship Prince William from the Tall Ships Adventures was docked on the riverfront. The bow formed such pretty angles with the lines in the foreground.

—Janice Kivett, Leland, Brunswick EMC

[21] Burnsville beauty

A sunny summer day near Carolina Hemlock Campground in Burnsville.

—Lindsay Richardson, Kinston, Tri-County EMC

[22] Streaming

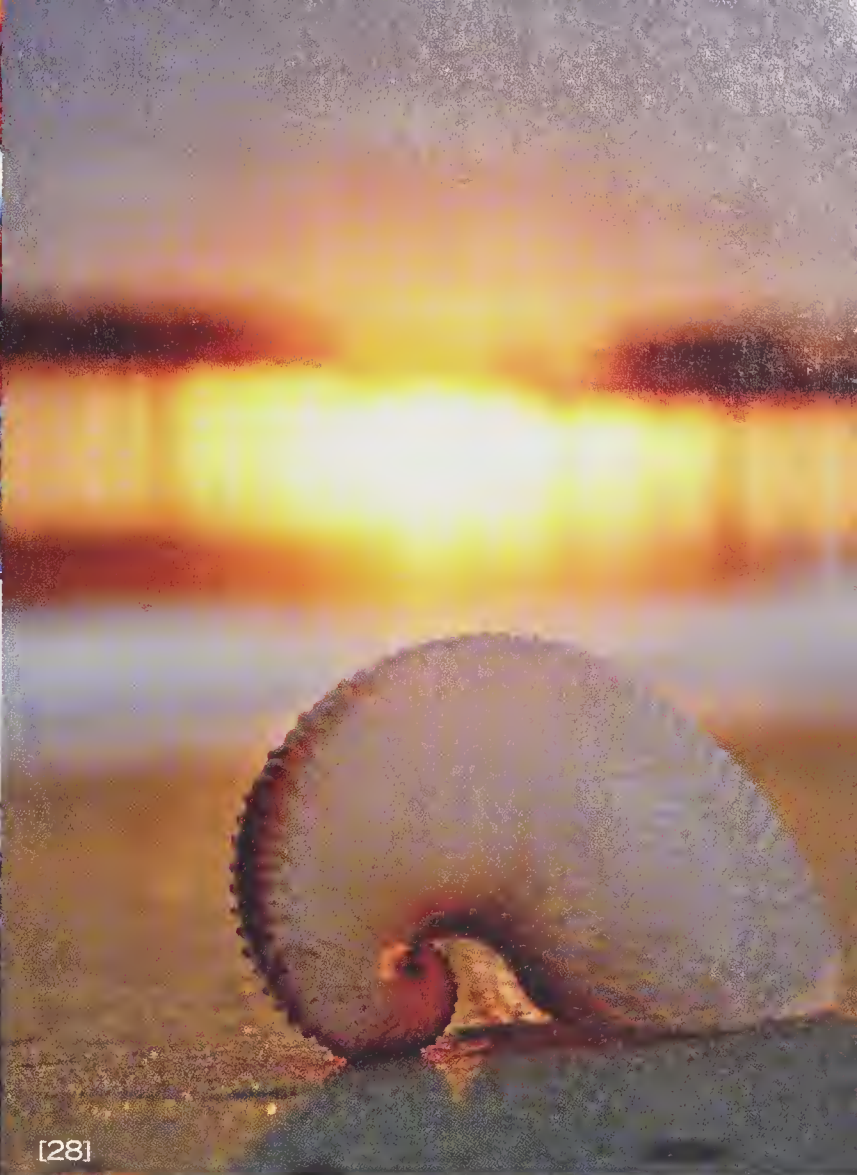
On a hot day in September of this year, my 2-year-old Bridget was playing in the cool stream water at Millbridge Nature Park in Rolesville.

—Anne Puetzer, Rolesville, Wake EMC

[23] The view from here

A Watauga County sunset.

—Mark McGinnis, Hickory



[28]

[24] The abandoned window

One of my photo students at Aulder Academy, Alexis McCowan, took this photo of an abandoned house recently. Alexis is a 10th grader and is 15 years old. She named it "The Abandoned Window."

—Doug Deaton, Siler City, Central EMC

[25] Mt. Mitchell snow

A picnic shelter and Mt. Mitchell.

—James Simmons, Spartanburg, S.C., Rutherford EMC

[26] Carousel in action

Here is the top of the carousel and ceiling at Pullen Park in Raleigh. The carousel actually moves pretty fast. My children love it.

—Melissa Hildebrand, Wake Forest, Wake EMC

[27] Burke County morning

Early one morning my husband and I were going across Hwy. 105 in Burke County, and we pulled over to view clouds that looked like an ocean of white-capped waves. God blesses us with beautiful scenes all around us.

—Elizabeth Allman, Morganton, Rutherford EMC

[28] Paper nautilus

I have the privilege of commuting on NC Hwy. 12 to work every day and always keep an eye out for things to take pictures of along the way. I found this shell the other day but didn't know what it was. It turns out it is a paper nautilus, very rare and not usually this big.

—Zack Johnson, Kill Devil Hills

Thanks to those who care about the North Carolina Jaycee Burn Center

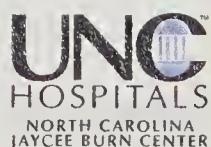


North Carolina's Touchstone Energy cooperatives hosted a golf tournament fundraiser in October, 2013 that raised an all-time high of \$123,941 for the North Carolina Jaycee Burn Center and its Burn Prevention programs. Over the years, the cooperatives have donated more than \$1.25 million dollars to the Burn Center's fire prevention and educational programs.

The Burn Center's programs seek to garner awareness about burn prevention and burn management and targets audiences such as emergency care personnel, fire departments, youth and senior citizens. Educational programs are delivered free of charge across the state. The Burn Center's outreach staff works to pass legislative initiatives to promote fire and burn safety and distributes safety tips to citizens statewide. With help from the electric cooperatives, the Burn Center is updating its facilities and expanding its services.

"North Carolina's electric cooperatives, our vendors and partners are pleased to support the Burn Center in reaching its goals of reducing the number of burns in our state through expanded burn prevention programs and, when a burn occurs, to provide the best possible care," said tournament chair Dale Lambert, CEO of Randolph EMC, Asheboro.

Listed here are the donors to this fundraiser supporting burn prevention. The cooperatives are grateful to all of the organizations and individuals who contributed to the success of this fundraiser.



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From Linus, with love

Volunteers make and donate blankets to help children feel that somebody cares for them



by Carla Burgess

After a young girl's home in northeastern North Carolina had been destroyed by fire, her mother went to stay at a faraway hospital with the girl's injured brothers. A Red Cross worker later visited the home of the girl's aunt where the child sat in a chair, somber and withdrawn.

"You could tell she was struggling—she was dealing with a lot," says Carolyn Self, director of the Greater Albemarle Red Cross chapter. Self had brought a stuffed animal and

a kit with toothpaste, soap and other personal supplies for the family. But she also had something extra for the girl—a brightly colored homemade quilt. "She sat there with that quilt and she wrapped it around herself. Afterward she started to open up and talk to me. That quilt made her feel comfortable, made her feel like somebody was caring for her."

That caring somebody was a stranger—one among thousands of people across the country who stitch, knit and crochet their way into the

hearts of children suffering from illness, injury, trauma or poverty. They are volunteer blanket makers or, as Project Linus calls them, blanket-eers. Karen Loucks of Denver, Colo., founded this non-profit organization in 1995. The name received the blessing of Charles Schulz, creator of the Peanuts comic strip. In the hands of his character Linus, the security blanket had become an icon.

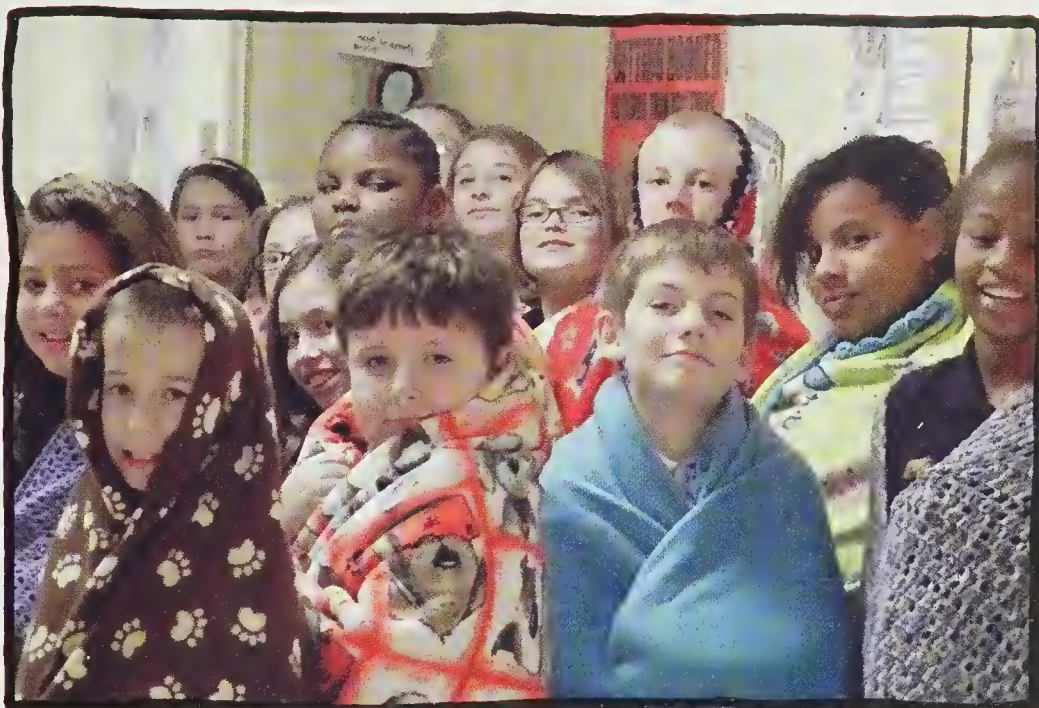
Since Project Linus began, blanket-eers have created and donated nearly 5 million blankets. About 165,000 of

“That quilt made her feel comfortable, made her feel like somebody was caring for her.”

those were made in North Carolina, which has 14 chapters in 45 counties across the state. Each chapter donates most of its blankets locally to hospitals, shelters, social services, law enforcement or relief agencies, anywhere they're needed in the community. If there is a surplus, blankets are sometimes sent to other states scarred by natural disaster or tragedy. For example, North Carolina joined with other states to send blankets to children affected by Hurricane Sandy, the mass shooting at Sandy Hook Elementary and the 9/11 attacks.

Blanketeer Cyndy Ward of Elizabeth City got involved in Project Linus through her quilt guild. “I thought it was cool that Project Linus made blankets for kids in crisis without having to qualify them in any way,” she says. “It’s not just for poor children or a particular class of children. If a kid is in pain, physical or mental, we can give them something that will give them immediate, lasting comfort. These blankets are like magic. Children really have an amazing response to them.”

Many Project Linus volunteers are practically addicted to making blankets. At 104 years old, Emily Harrell of Elizabeth City is still quilting for the charity. Her youngest daughter, Peggie Anderson, quilts with her mother, who made 33 quilt tops in 2012 — that was a slow year, she says. Seventeen years ago, “Miss Emily” bought a mid-arm sewing machine (a type more accommodating for machine quilting) and never looked back. Peggie, a faithful assistant, hurried to keep up. “She’d get on there and be zipping right on down. She’d get to the end of one side and say, ‘You need to turn it’ or ‘I need a new bobbin.’”

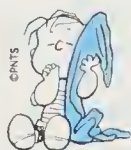


How you can get involved

Project Linus can be a fun, rewarding service opportunity. Blanketeers work solo or in groups such as clubs, schools or places of worship. Coordinators suggest that potential blanketeers check with them to see if they are low on blankets of particular sizes or types. Project Linus also accepts donations of money or supplies such as fabric, yarn, thread or other craft materials, even sewing machines. They also need volunteers for tasks such as sewing labels on and inspecting finished blankets for quality and hazardous items such as pins.

Anyone can contribute to Project Linus, including those without needle skills. Though crocheted afghans, quilts and knitted blankets are among some of the one-of-a-kind creations, beginners may try their hand at no-sew blankets made of polar fleece, with the edges fringed using scissors. Blankets made for Project Linus must be new (nothing “gently used”), homemade and washable (no animal fiber). They must be free of smoke and pet dander. And they should not have buttons or other embellishments that might be harmful if detached. Coordinators recommend that volunteers use fabrics that are colorful, whimsical or otherwise “child friendly” in design. Because Project Linus serves children from infants to 18-year-olds, volunteers make blankets in a range of sizes, as small as 36-by-36 inches for infants to twin sizes for teens. Some people make tiny blankets for preemies.

The Project Linus national website has links to patterns of all kinds, for all skill levels, including a no-sew fleece pattern. To donate a blanket, contact the coordinator in your area to find the nearest drop-off point (stores and other participating sites). For more information, contact projectlinus.org or your nearest chapter (see table on page 26).



Project Linus

Providing Security Through Blankets

continued on pg. 26 →

They calm children

The busiest chapter of Project Linus is probably the Western North Carolina chapter, which spans 12 counties. Since its formation in 1998, the chapter has created nearly a third of the donated blankets in North Carolina. The 50,000 mark is close at hand, says coordinator Ellen Knoefel of Weaverville. In addition to traditional blankets, this chapter's blanketeers also make specially weighted ones designed for children with autism and sensory processing disorders. "It's been proven that weight calms the children," she says. Knoefel keeps shells (unstuffed covers) on hand. "When I get a request from an occupational therapist, I need to know the size of the child. We make it 15 per-cent of the child's body weight. Then I stuff it with donated bed linen."

Amy VanCamp, an occupational therapist with Carolina Pediatric Therapy in Asheville, has seen first-hand the power of a Project Linus blanket. "These weighted blankets kind of make you feel like you're getting a big hug," she says. "It's similar to swaddling a baby." Weighted blankets help keep the kids calm, relaxed and better able to sleep, she says. Many of their clients, such as those served by Medicaid, can't afford to buy a commercially made weighted blanket for their child, she says.

Blanketeers rarely learn the identity of the children who receive their gifts — the blankets are given to an agency or organization that delivers them to where they are most needed. Individuals or groups can put their name on blankets if they wish, but many blankets bear only a Project Linus tag with a link to the national website. Parents often send thank-you notes via the national organization, which shares them with coordinators. 📧

Carla Burgess is a Carolina Country contributing writer who lives in Raleigh.



Chapter Name & Service Area	Coordinator	How to Contact
Catawba Valley (Burke, Caldwell, Catawba, Lincoln, McDowell counties)	Julie Propst	jpropst1@charter.net www.plcatawbavalley.org (828) 238-4613
Charlotte	Mary Crew	Crewsquartters@aol.com projectlinuscharlottenc.webs.com (704) 545-3868
Craven, Pamlico, Carteret, Onslow, and Wayne counties	Karen Baskin	golfingpilot@suddenlink.net (252) 626-9710
Gaston, Lincoln, Cleveland counties	Pilar Huggins	projectlinusgaston@gmail.com Facebook: Project Linus Gaston/Lincoln/ Cleveland County Chapter (704) 674-3301
Greensboro/Guilford County	Vickie Joyner	coversforkids@yahoo.com (336) 317-4850
New Hanover, Brunswick, Pender counties	Sharon Black	slhblack@bellsouth.net (910) 681-0452
Northeastern North Carolina (Camden, Chowan, North Currituck, Gates, Pasquotank, Perquimans counties)	Carol Cooper	projectlinusnenc@embarqmail.com (252) 426-5395
Orange, Durham, Chatham counties	Mary Anne Pogue	mapogue@ncrr.com (919) 650-2837
Outer Banks (Dare, Currituck counties)	Jeanne Shrader	jeanne@knittingaddiction.com (252)255-5648
Raleigh (Wake County)	Susie Holmes	sch123@nc.rr.com projectlinusraleigh.blogspot.com (919) 846-8564
Robeson County	Julia Holloman	maltycat@yahoo.com (910) 827-0270
Rockingham, Caswell counties	Sandy Wyatt	scwyatt@bellsouth.net (336) 634-0785
Western North Carolina (Buncombe, Cherokee, Cherokee Reservation, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Mitchell, Transylvania, Yancey counties)	Ellen Knoefel	gknoefel@charter.net (828) 645-8800
Winston-Salem	Margie Lamb	margielamb@gmail.com (336) 766-7744

Watauga/Avery, a former chapter of Project Linus, is now operating as the Blue Ridge Blanketeers. Contact Nanci Tolbert-Nance at ntn@skybest.com.



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Color	"D" Colorless	"D" Colorless
Clarity	"IF"	Clear
Dispersion/Fire	0.044	0.066
2 ½ c.t.w. ring	\$60,000+	\$145

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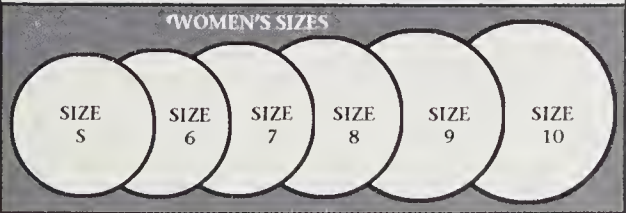
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FEATURE ARTICLE

PIEDMONT LAUNCHES A REVISED WEBSITE

Later this month, Piedmont Electric will be launching a revised website at www.pemc.coop to make online interaction with your cooperative easier than ever. With the site's new design, you will have access to your cooperative anywhere, anytime, on any device.

From the homepage, our members should notice a cleaner, easier to navigate look. As soon as you land on the new www.pemc.coop, you'll notice quick links to home savings, business savings and the latest updates from Piedmont Electric. You will also be able to easily access your billing information from the "manage my account" section, which will be available at the top right of every single page.

During emergency situations, the homepage at www.pemc.coop will become your storm center, keeping you updated with the latest reports on outages, safety and the progress of repairs. The mobile friendly design of the new site will allow you to access this outage

information from your smart phone or tablet—even if the power goes out!

Bill pay and account management will be easier than ever with the new "SmartHub" payment area that centralizes account information, bill payment as well as usage information all in one place. Simply download the free smart-phone app to make mobile payments, alert us to account and service issues, and learn about special programs all from the dashboard on your mobile device. You will be able to access your account from anywhere on the site by hovering over "Manage my account" or by clicking anywhere you see the SmartHub Logo.

We constantly strive to effectively communicate with and empower our members, and we hope the new website design will help us accomplish these goals. We appreciate your feedback. If you have any issues, comments or suggestions about the new site please send them info@pemc.coop.

CHECK OUT THIS MONTH'S COVER WRAP

We're rolling out our new website later this month. Be sure to check out the inside front and back covers of February's *Carolina Country* for all the latest updates!

Easier Navigation

Find the important information you need. Faster.



Efficiently learn about your membership at Piedmont Electric all in one place!

Your Cooperative. Anywhere.

Once the new site is live, you will be able to access important details about cooperative programs, news and activities across all mobile devices.



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Just visit www.pemc.coop from your smartphone or tablet.



SCHOLARSHIP DEADLINES

Applications for PEMC's College Scholarships, Rural Electric Youth Tour and Touchstone Energy Basketball Camps are due **March 31, 2014**

Visit www.pemc.coop to apply.

PRESIDENT'S LETTER

Each month Piedmont Electric develops this *Connection* newsletter, inserts in your bills, and social media posts to communicate with our members. These messages are all designed to keep you informed about your cooperative and to help you better understand the numerous programs and tools that are available to help you make more informed energy decisions.

This month, you may have noticed on the cover of *Carolina Country*, Piedmont is releasing a new and improved version of our website. Take time to explore all of the new website features that are available to you. This website is an important step in developing better lines of communication with each of our members. This new site will enable you to learn more about the cooperative difference, the efficient operations of Piedmont Electric, as well as better understand features of your bill and the programs and tools available for members.

We are helping you make more informed energy decisions.

More than just providing information, we hope our new site will provide you opportunities to respond to the cooperative. Contact forms, links to our Facebook and Twitter accounts, as well as the new support features of SmartHub all provide avenues for you to get in touch and let us know how we can better serve you both online and off.



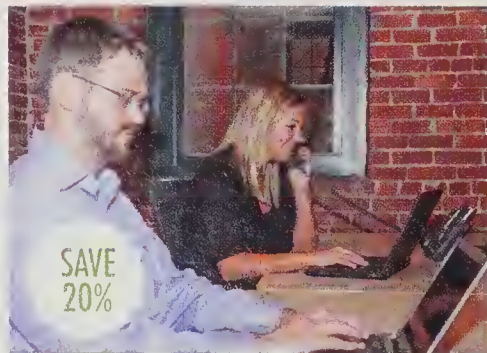
R.G. Brecheisen
President & CEO of Piedmont Electric

With your help and participation, we can work together to strengthen our Piedmont Electric Membership community.

For more information on your cooperative, visit www.pemc.coop or call 800-222-3107.

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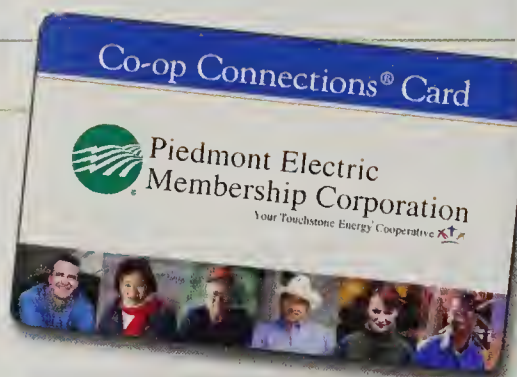
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Don't see your favorite business here? Tell them to contact us at 800.222.3107 or pemcinfo@pemc.coop, subject "Co-op Connections," to become a part of this exciting new member program!

Piedmont Electric Members have saved a total of
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in October 2012!

ELECTRIC GENERATOR SAFETY

As the cold winds of winter bring snow, ice and the possibility of power outages, it is important for you and your family to be prepared. For many of our members, this includes the use of a gas-powered electric generator during power outages. Electric generators can be extremely dangerous, so be sure to keep the following in mind.



Generators create carbon monoxide, which is a **deadly odorless colorless gas!**

- Never use a generator indoors, in a garage, carport or basement
- Put the generator outside and away from doors, windows, and vents
- Invest in a battery powered Carbon Monoxide detector and leave the house IMMEDIATELY if you detect any signs of carbon monoxide.

Generator Backfeed can be Deadly
If you own and operate a backup generator, you are responsible for ensuring that its power does not backfeed into the utility system, potentially electrocuting anyone in contact. If you want your generator connected to your household wiring, you need to hire a qualified, licensed electrician to install a proper transfer switch that meets local electric codes.

Watch for symptoms of **Carbon Monoxide Poisoning**

- Headache
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- Nausea/vomiting
- Confusion
- Seizures
- Loss of consciousness
- Death

Source: Consumer Product Safety Commission



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914 MEMBERS ↑ 16 MEMBERS
are participating in the FlexPay Program

514 MEMBERS ↑ 2 MEMBERS
have turned in receipts for 4,713 CFLs,
representing a total of 1,616,559 kWhs
saved toward our Senate Bill 3 Mandate

43 MEMBERS ↑ 1 MEMBER
received solar water heater rebates

919 MEMBERS ↑ 2 VISITS
purchased electric water heater wrap kits

605 RESIDENTIAL MEMBERS ↑ 3 MEMBERS
have signed up for Time-of-Day Rates

1,005 VISITS ↑ 4 VISITS
made to TogetherWeSave.com, where you can
learn more about the power of your electric
cooperative membership.

591 MEMBERS
have signed up to participate in the
"Beat the Peak" program

1,360 MEMBERS
are participating in Project Helping Hand

6,074 MEMBERS ↑ 1 VISIT
are participating in the A/C Load Control Program

4,649 MEMBERS ↑ 1 VISIT
are participating in the Electric Water Heater Load
Control Program

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- Amis Chapel Road
- Smart Road
- Blue Wing Road

PERSON COUNTY

- Virgilina Road
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- Durham Rescue Mission
- Grassy Creek Baptist Church & Women's Outreach
- Orange Congregations in Mission
- Orange County Social Services
- Inter-Faith Council of Chapel Hill-Carrboro
- Santa's Helpers of Person County

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The person responsible for coordinating this organization's nondiscrimination compliance efforts is Tim McAdoo, Vice President of Human Resources. Any individual, or specific class of individuals,

who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above and/or file a written complaint with this organization; or the Secretary, U.S. Department of Agriculture, Washington, D.C. 20250; or the Administrator, Rural Utilities Service, STOP 1510, 1400 Independence Avenue, SW, Washington, D.C. 20250-1510; or the Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410; or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. Complaints must be filed within 180 days after the alleged discrimination action, or by such later date to which the Secretary of Agriculture or the Administrator of RUS extends the time for filing. Identity of complainants will be kept confidential except to the extent necessary to carry out the purposes of the rules and regulations of the U.S. Department of Agriculture.

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Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our March issue, will receive \$25. To see the answer before you get your March magazine, go to "Where Is This?" on our website carolinacountry.com



January



January winner

The picture in the January magazine came to us from Kathy Williams, a member of Pee Dee EMC. It shows a January photo of Big Buck Cabin, owned by Tim and Joyce Carpenter in the White Store community near Peachland, Anson County. The winning entry, chosen at random from all correct submissions, was from Richard Griffin of Peachland, a member of Pee Dee EMC.



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Recipes for remembering

Yellowed treasures from times past bring memories to life

By Carole Howell

Digging through closets, drawers and hidey-holes in our family farmhouse, I've found a number of keepsakes. It makes me wonder if the person placing them knew at the time that these family pictures, embroidered hankies, and handmade quilts were being tucked away for a long sleep.

The greatest treasure, however, has been a large, dusty wooden box of cookbooks and several tin boxes of meticulously handwritten recipe cards and handy household tips cut from the newspaper and attached with yellowed tape. For me (a cook who learned at her Aunt Mary's knee), it was like finding a treasure beyond price—a warm, comforting connection to those I miss.

The books, many of them fundraising efforts from churches and organizations, feature notes in the margins, and even an emphatic "NO" by one or two. Food stains on a particular page signal a favorite. From the looks of one book, some of the recipes were clearly used more than once. 

Carole Howell is an independent writer in Lincoln County. Learn more about her at walkerbranchwrites.com

Recipe

Granny's Egg Custard

With eggs and milk being plentiful on the farm, there's no telling how many of these pies were baked and consumed.

- 4 eggs
- 1 cup sugar
- ¼ cup butter melted (half a stick)
- 2 cups milk
- Pinch of salt
- 2 teaspoons vanilla extract
- ½ cup all purpose flour

Preheat oven to a moderate temperature (350 degrees). Whip all ingredients together, and pour into a buttered pie pan (9-inch standard size or deep dish). Bake for an hour or until center is firm. Makes its own crust.

Serves 8



Recipe

Mary's Chicken and Dumplings

If there are eggs, there are chickens. If you're hungry, does it really matter which came first? Today you can purchase pre-made frozen dumpling strips. I use a rotisserie chicken and prepared broth, and I sometimes add chopped onion and celery and even a can of cream of chicken. This one, however is my family's basic recipe, and the baking powder makes the dumplings fluffy and filling.

- 1 hen
- 2 cups plain flour
- 1 teaspoon baking powder
- Butter the size of a walnut (half a stick)
- ½ teaspoon salt
- Boiling broth (enough to create a dough)

In a large pot, stew hen in enough water to cover until the meat is tender and falling away from the bones. Remove the hen and set aside to cool. Skim the broth and strain out any gristle or bone that may be at the bottom.

While the chicken cooks, make your dumplings. Mix all of the dry ingredients and work in the butter to a consistency of coarse meal. Gradually add enough hot broth to make a ball of dough. Chill.

Roll your dough thin and cut it in 1-inch strips. Bring broth to a rolling boil. Tear the dumpling strips into smaller pieces. Lay the dumpling pieces one at a time on top of the boiling broth. If you must stir, lift gently from the bottom of the pot.

Once all the dumplings are cooking, reduce the heat to low and cook until the dumplings are puffy and tender. Add more water if necessary.

Remove all meat from the hen and cut into smaller pieces. Add the chicken just before you're ready to serve.





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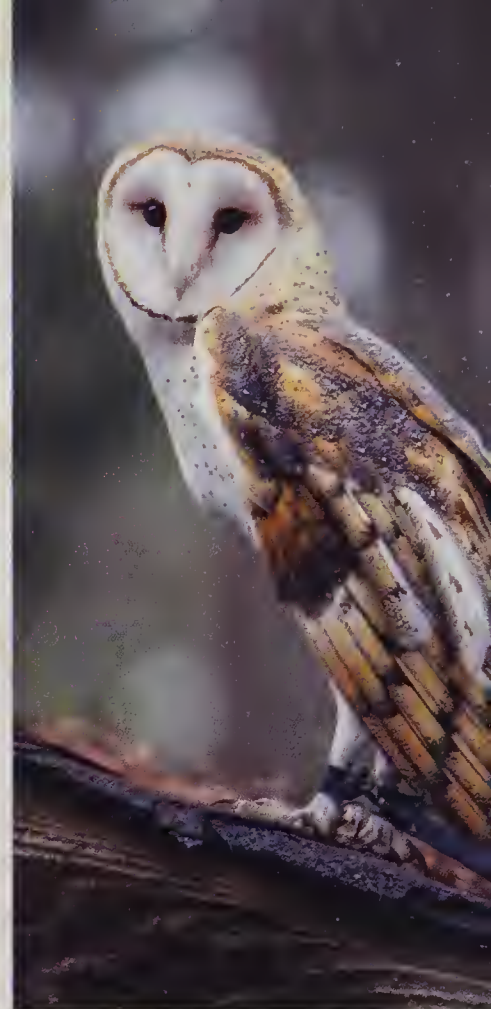
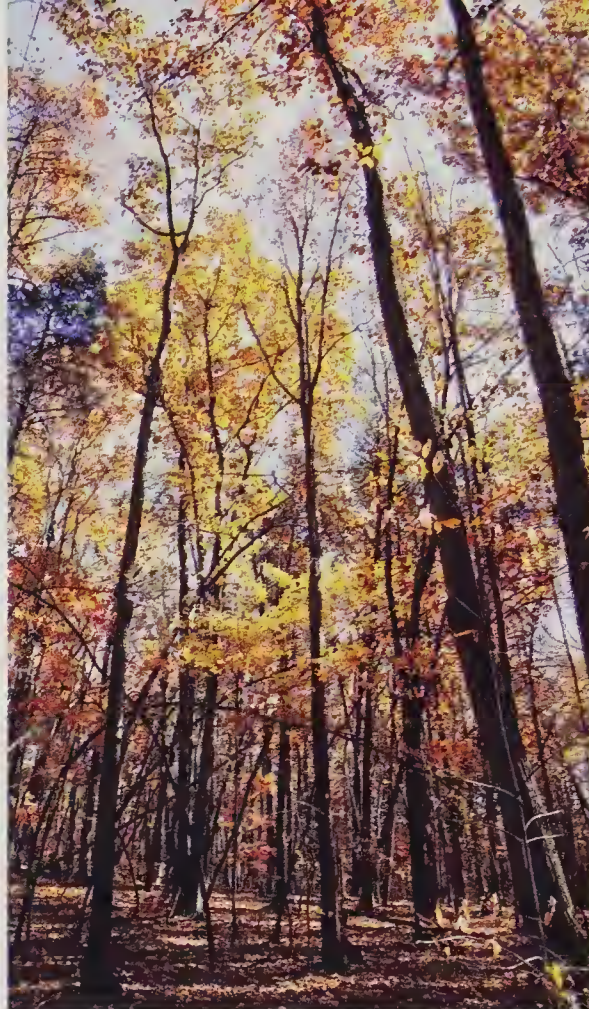
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Protecting family forests

Good management can improve woodland health and provide an income

By Amy Ne

Forests provide a number of well-known benefits—protection for fresh water, habitat for wildlife, recreation and beauty, and vital economic products such as lumber and paper. What is not commonly known is who really owns the forest land in our state. According to a 2008 USDA Forest Service publication, “Who Owns America’s Forests?”, over half of the 751 million acres of forest land in the U.S. is privately owned. In North Carolina, 84 percent of the woodland is privately owned, and over half of that is termed “family forests”—an acre or more of land with trees on at least 10 percent of it. To say it another way: nearly 11.2 million acres of forest land in North Carolina is owned by people just like you and me, who own more than an acre, and have trees on at least one-tenth of their property.

Many family forest owners in North Carolina own between one and 19 acres and do not have a management plan. Population growth and development pressure threaten our unique resources and habitats throughout the Southeast. New threats affecting forest health and productivity are emerging, such as fire danger and invasive plant and animal species. Why does this matter? As development in our region continues, it is becoming increasingly important that the diminishing amount of forest land is well managed. The decisions made by each of the forest owners in North Carolina make a collective impact on the health of the state’s forests as a whole.

What you should know if you own woodlands

Obviously, your goals for your land determine how you will manage it. You might manage for hunting or timber or wildlife, but you could also manage for all three. Management techniques are not mutually exclusive—a method that enhances the wildlife habitat may also increase the health of the forest and could even provide an income. The forest type on your land, determined by the age and tree species variety will also affect how you choose to manage your forest.

Thinning

As your forest stand (a group of trees of similar age, composition and general appearance) grows, you might consider some treatments to improve its health and vigor. Thinning removes some trees, decreases competition, can improve wildlife and possibly provide some income. A specific type of thinning is “crop tree release,” which removes any tree in direct competition with predetermined trees that the landowner has selected for wildlife, timber or other objectives. Pruning is an intensive method used to remove unnecessary branches and improve the financial value of the timber. Stand improvement involves removing trees that are undesirable because of species, form or condition. A salvage treatment is not planned, but is used to remove trees that have been or are in imminent danger of being killed or damaged, such as by wind, disease, insects, flood or hurricane.

Regeneration

Different regeneration methods may be used on your forest stand depending on its species, size and your goals. Before considering any method of regeneration, make sure you know where your seed source is for the next generation, whether already in the soil or coming from a nearby stand. You might also choose to replant.

Single tree selection harvests specific trees throughout the stand, allowing sunlight to reach the forest floor, creating a stand that is composed of multiple ages of trees. Because leafy branches of trees grow rapidly to block the sunlight, this is not an effective method in the Southern Appalachians.

Group tree selection is similar, but involves removing clusters of trees instead of single trees. But be careful of anyone wanting to harvest your trees by selecting only the larger, healthier, more valuable ones. This is called “high-grading” or a “diameter limit cut.” It may provide more income, but it usually degrades the health and the species of the forest by removing the best trees and leaving the inferior ones behind to continue growing.

In a seed tree harvest, two to 12 evenly spaced healthy trees are left in a stand when all the others are harvested. These trees provide seed for the next forest generation, and are removed at a later date.

The “shelterwood” method leaves more trees per acre which provide seed and shelter for the next generation, and is considered more visually appealing. It may require more harvesting entries in the forest and is therefore more labor intensive and expensive.

The “clearcut” method is often opposed, but it is the easiest method to perform because it removes all the trees in a forest stand at the same time. It removes all the undesirable trees, allowing a brand new single-aged forest to emerge, which may be the best option in the mountains. It may look unsightly for awhile, but if it is done properly it does not cause more soil erosion than any of the other methods. Clearcutting can also be done in patches or strips to help ease the visual disturbance. 6

Amy Ney is a freelance writer with a background in private land management. She lives in Haywood County and is a member of Haywood EMC. Related land management information can be found at www.woodlandstewardseries.org.



Resources

If you own a family forest, it is never too late to create a management plan—a tool used to determine what methods you want to use on your land to achieve your desired goals, and when you plan to implement each method. Many resources are available to you free of charge. The N.C. Cooperative Extension Service (ces.ncsu.edu) and N.C. Forest Service (ncforestservice.gov) each have free literature and an office in every county to assist you. The N.C. Wildlife Resources Commission (ncwildlife.org) and Natural Resources Conservation Service (nrcs.usda.gov) are also available. Representatives from these offices can also tell you if there are cost-share programs available to help reimburse the expense of wildlife and forestry improvements. Finally, if you are considering a regeneration harvest, it is always a good idea to hire a consulting forester who can help protect your interests and make sure that you receive the most money possible from the sale of your timber. The N.C. Forest Service maintains a list of registered consulting foresters for your county.

Publications

“Who Owns America’s Forests?”

USDA Forest Service Publication

NRS-INF-06-08, May 2008.

www.nrs.fs.fed.us/pubs/inf/NRS-INF-06-08.pdf

“Woodscaping Your Woodlands”

N.C. Cooperative Extension Service Publication

AG-584. Prepared by Robert Bardon.

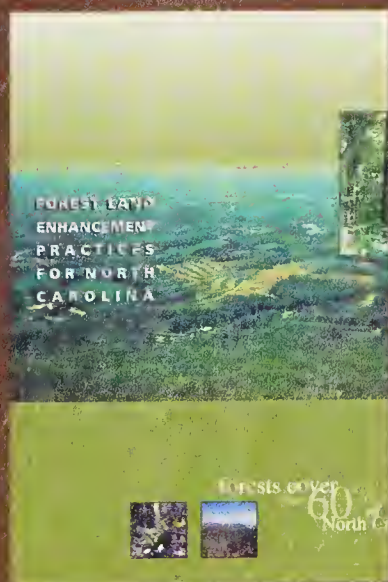
www.ces.ncsu.edu/forestry/pdf/ag/ag584.pdf

“Forest Land Enhancement Practices for North Carolina”

N.C. Cooperative Extension Service Publication G04

44478. Prepared by Rick A. Hamilton and Mark A. Megalos.

www.ces.ncsu.edu/forestry/pdf/flep.pdf



Somewhere in N.C.

"This scene seems typical of so many farms in North Carolina." (Oil on canvas.)



Art by *Chris Kennedy*

Chris Kennedy grew up in the Pembroke area of Robeson County where his family belongs to Lumbee River EMC. He has been drawing and painting since an early age. He has had a number of commissions for original art, including the state's 2007 American Indian Heritage Month poster. He lives with his wife and two children in Fuquay-Varina. 📞

Chris Kennedy

Phone: (910) 890-7054

E-mail: chkennedy1@yahoo.com

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Gabi at the Zoo

"Gabriella and her mother, Cristina Roberts, visited the North Carolina Zoo in Asheboro." (Oil on canvas.)



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Amelia and Killes Shaw, my grandparents.

The log house

When I was a little girl our family would visit my Grandpa and Grandma, riding in our wagon pulled by our mule George. It always made us happy when we knew we were going to Grandma's for the day. She cooked on the fireplace in iron pots and pans. The food was so good.

They lived in a log house. It had a kitchen, three bedrooms and two porches. They had a fireplace in one of the bedrooms. The hearth was made out of rock and also the chimney. Grandpa had a little pig. He would let it come in and warm by the fire.

The windows opened to the outdoors through little wood doors. When it was warm they would open the windows to let in fresh air. One day when we were there, Grandma was churning milk in a wooden churn to make butter and buttermilk. This little hen came in through the kitchen window. She had a nest on top of the cupboard. She got in her nest and laid an egg.

Jettie Love, Wilkesboro, EnergyUnited

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3. No deadline, but only one entry per household per month.
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5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Carl the Marine

When my mother married my stepfather, Carl, in 1965, all I could see was a mean man who was more comfortable barking out orders to new recruits than reading a bedtime story to a little girl like me. Carl was a Marine stationed at Camp Lejeune, and we lived off base in Midway Park.

He soon learned that Animal Crackers were not made for our dog, and that I liked going to church every Sunday with my whole family, days when he wanted to relax at home alone. We lived on a dirt road down from the church, and every Sunday that he was at home, he and I rode our bicycles to Midway Park Baptist Church, sitting together and singing every hymn together. He didn't know all the songs, or all of the prayers, but he made sure I learned.

I soon learned that he was a very kind and loving father who wanted to do the best he could for me, including making sure I went to church and that he went with me.

Malinda Fillingim,
Leland, Brunswick EMC



The winter of 1959-60

I remember the snows of the winter of 1959-1960 while I was attending Appalachian State Teachers College in Boone. That winter of 1959-1960 set a standard for snow in the North Carolina mountains. Gov. Luther Hodges made a visit to survey the damage. They cleared enough of the baseball field on campus to make a landing pad for his and the National Guard helicopters.

They formed search and rescue teams with the ASTC students. Several were called upon to rescue at least one family. I was assigned to a crew, but they had so many volunteers that my crew was never used. Even though we would be supervised, they let only a few of us at a time go out in fear they might have to rescue us.

Boone had record snows that winter. The county was declared a disaster area. There was about four feet of snow and ice accumulated on the ground at one time.

Wayne D. Thomas, Asheboro, Randolph EMC

Rolesville School

The school was called Mitchell Mill School. The building had two rooms. The small room was for grades 1–3, the big room was for 4–7. The schools were later consolidated to Rolesville School.

I started in the two-room school when I was 4 years old. My brother was old enough to go, but I wasn't and I cried to go. The teacher lived in our community, and she told my mother to let me go. She said I was so little that I wouldn't go but two to three days and would get bored. I fooled them. I went from Day 1 through high school with perfect attendance. I finished high school at age 16 in the first class to graduate from Rolesville High School in 1936. We had 15 in the class.

One day when I was in the 4th grade I woke up with my throat swollen. My mother told me I couldn't go because I had the mumps and they would send me home. I went to my room and tied a scarf around my neck and put on a little blue hat and went to school. It was in the winter. I wore the scarf for two or three days. Nobody ever knew I had the mumps. I told them weeks later.

I loved to go to school and church. I have never missed any Sundays in my life except due to illness. My advice to all children is go to school and church.

Sue Phillips, Youngsville, Wake EMC

The sunset on Currituck Sound

My daughter is in the Army Reserve full-time at Ft. Bragg. Five years ago she had a double mastectomy due to cancer. The Wounded Warriors program gave her a week of vacation, Sept. 11, 2011, at Currituck on the Outer Banks.

Every evening about the same time, we would walk along the sound. I noticed this egret, alone, evening after evening. The last two nights of our stay, I decided to take my camera with me. Sure enough, on Thursday night he was there, and Friday night he was there along with this beautiful sunset.

Penny is now cancer-free.

Ruth Gardner, Rockingham, Pee Dee EMC



I now have the old pedal sewing machine and the memories of seeing Grandma there sewing.

Grandma Harwell's quilt tops

When I got married, my grandmother gave me a beautiful handmade quilt top. Dresden Plate was the pattern. She stitched all the pieces by hand, then pieced it together on a pedal sewing machine, each piece perfectly placed.

She made all her dresses, all one style. The colors in my quilt top represent those and probably those of others she sewed for down through the years. Her dresses were all modestly sewn, with long sleeves, and they reached her ankles. She believed in "covering up." I remember in high school making a dress for myself, sleeveless and pretty short. I wore it to her house on a Sunday, and she chuckled and said, "That's a pretty dress, what there is of it." I still think of that comment and smile.

She gave quilt tops to all the granddaughters when we got married, and we all treasure them. When I see the care that went into each of the quilt tops, I can't help but think, as she made each one, she thought of each of us and said a prayer for us as we began our married life.

Pat Propst, Lincolnton, Rutherford EMC

The German POWs

When I was 4 or 5 years old, my parents and our family of four boys and one girl lived on a peanut and tobacco farm near Scotland Neck. German prisoners of war, captured by American forces in WWII, were brought to the U.S. to keep them from escaping and rejoining the German forces. The German POWs were spread around the South in small camps and used as farm laborers.

My dad would drive into town and come back with a pickup load of five or six prisoners (and a guard) who would work all day shaking and stacking the peanut vines so they would be dry enough to be harvested with a thresher.

One of the prisoners was a big, friendly guy named Hans. He was my favorite because he always wore a red kerchief around his neck and tried to talk to me. The prisoners' English was limited but they could all say, "Pepsi Cola."

All my life I have wished that my parents had kept the names and addresses of the German POWs. They didn't get too friendly, however, because my oldest brother, Byron Lee, was at the time a POW in a Philippine (Japanese) camp on Mindanao.

Dan C. Johnson, West Jefferson, Blue Ridge Electric



"A Walk Thru Old Salem" *Grand Prize, Ryan Love, 12th grade, East Forsyth High School, Kernersville.*

Photos that won in 2013



"Sheltering Branches" *1st Place, Alex Arrowood, 7th grade, Arrowood Academy, Lexington.*



"Harlem Reminder" *1st Place, Cameron Sardina, 11th grade, Career Center High School, Winston-Salem.*



"A Peaceful Place" *Honorable Mention, Tykearreon Ledbetter, 5th grade, Parkview Village Elementary School, High Point.*

Arbor Day Photo Contest Deadline: Feb. 28...



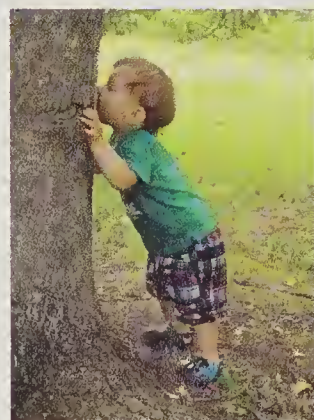
The N.C. Forest Service's Urban and Community Forestry Program is accepting entries for its 2014 Arbor Day Photo Contest through Friday, Feb. 28. The contest is open to North Carolina students attending public, private and home schools.

The competition is divided into 5th–8th grades and 9th–12th grades. Judges will select a winner from each division and one grand prize winner. Honorable mentions may also be awarded.

The grand prize winner will receive \$150, a tree to plant at school and a framed reproduction of the winning photo. Other winners will receive \$50 and a tree to plant on their school grounds. One photo per photographer may be entered, but schools may select up to six best photos for entry.

This year's theme is "Young and Old." Entries will be judged on how well the photo and caption express the theme; overall aesthetics; evidence that the student researched the benefits of trees in communities as related to the theme; how well the photographer's statement addresses the theme; and spelling and grammar. Winners will be notified by March 14.

For entry forms and requirements, visit ncforestservice.gov/Urban/arbor_day_photo_contest.htm.



"A Young Child is Learning to Love Nature"

Honorable Mention, Abbi Ragland, 12th grade, Career Center High School, Winston-Salem.



Resource for educators

The Albemarle-Pamlico National Estuary Partnership,

which supports stewardship of natural resources, offers a variety of programs and initiatives for teachers. They include an annual teacher institute, the Shad in the Classroom partnership, a Citizens' Monitoring Network and recurring grants to construct outdoor education facilities.

APNEP also provides a database with lesson plans on climate change, ducks and geese, hermit crabs, protection of drinking water and North Carolina river basins. For more, visit <http://portal.ncdenr.org/web/apnep/educators>.

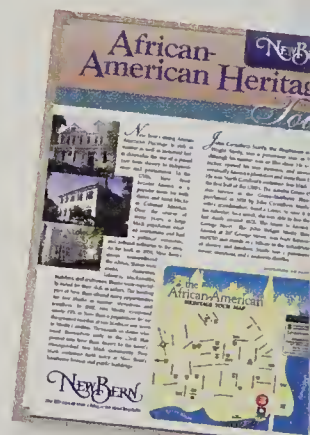
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a guide to NC for teachers and students

Did you know?

New Bern has a strong and distinguished African American heritage. In the 1700s, it became known as a popular town for both slaves and free blacks. By 1860 free blacks comprised nearly 13 percent of New Bern's population (by far the greatest number of free blacks in any North Carolina city or town).

New Bern's bustling port offered many opportunities. Thousands of slaves who freed themselves during the Civil War poured into New Bern. Free black craftsmen built many of the town's handsome houses and buildings. You can see their handiwork and learn about prominent blacks in New Bern's history on its African American Heritage walking tour. To download the tour map, visit visitnewbern.com/pdfs/african_american_tour.pdf.



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A D V E R T I S E M E N T

Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck.



I hate the term, but my grandkids say I have “turkey neck” and frankly, I’ve had enough of it! I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that Might help my loose neck skin?

Turkey Neck, Fayetteville, NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that is designed to firm, tighten and invigorate skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream**.

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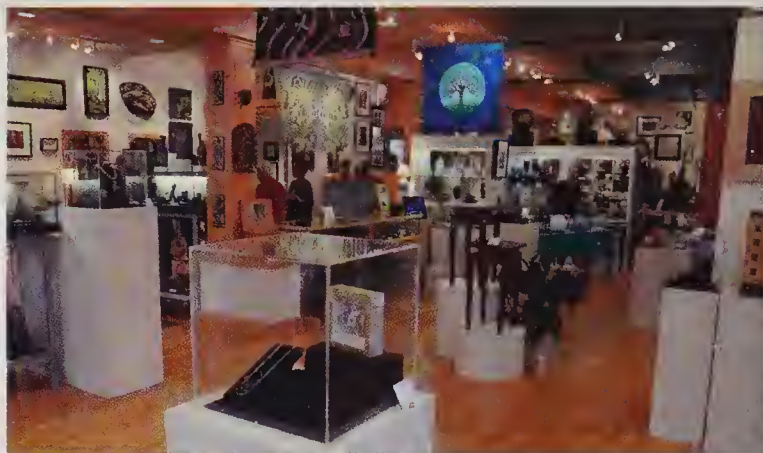
These apple stem cells target your skin’s aging cells, and strive to bring back their youthful firmness, and elasticity. As an alternative to the scary surgeries or face lifts that many people resort to, this cream has the potential to deliver a big punch to the loose saggy skin of the neck. **The Dermagist Neck Restoration Cream is available online at Dermagist.com** or you can order or learn more by calling toll-free, 888-771-5355. Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was “NCN13”. It’s worth a try to see if it still works.



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Piedmont Craftsmen, Inc.

Based in Winston-Salem, Piedmont Craftsmen, Inc., is an education and arts organization devoted to the promotion of fine traditional and contemporary crafts. It offers educational opportunities to schools and other organizations and maintains a retail shop and gallery at 601 Trade Street, the heart of Winston-Salem's art district. Exhibiting members for its gallery are juried into the organization on the basis of their skills and professionalism by a standards committee made up of exhibiting craftsmen and other professionals. Their work includes photography and fine art, handmade garments, jewelry, one-of-a-kind functional housewares and decorative objects. Its shop sells members' wares on site and at its online store.

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The Workboats of Core Sound

Along the wide waters of eastern North Carolina, the people of many scattered villages separated



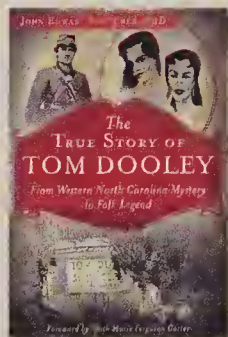
by creeks, marshes, and rivers depend on shallow-water boats, both for their livelihoods as fishermen and to maintain outside connections. The rich history of these hand-built wooden fishing boats and the communities they serve lie at the heart of author and photographer Lawrence S. Earley's new book of essays, interviews and photographs. Including nearly 100 of his own striking duotones, Earley shows that each workboat has stories to tell, of boatbuilders and fishermen and family members, and brings to life a changing and challenged culture. Earley lives in Raleigh. "The Workboats of Core Sound Stories and Photographs of a Changing World" is 176 pages and sells for \$35 (hardcover or e-book).

(800) 848-6224
uncpress.unc.edu

The True Story of Tom Dooley

At the conclusion of the Civil War, North Carolina's Wilkes County was the site of a nationally publicized crime of passion. In the wake of a tumultuous love affair and a mysterious chain of events, Tom Dooley was tried, convicted and hanged for the murder of Laura Foster. This notorious crime became an inspiration for musicians, writers and storytellers since, creating a mystery of mythic proportions. Through newspaper articles, trial documents and public records, author John E. Fletcher brings this dramatic case to life, providing a long-awaited factual account of the legendary murder. Fletcher, a Watauga County native, is a retired professor and research scientist. Softcover, 176 pages, \$15.99.

(866) 457-5971
historypress.net



Shoemaker paintings and their stories

Artist Stephen Shoemaker and writer Janet Pittard teamed up to present this selection of Shoemaker's paintings and drawings and the stories behind them. Known for his dramatic railroad paintings and scenes of Blue Ridge mountain life, Shoemaker shares the thought processes involved in creating his artwork, reveals his sources of inspiration and points out clues and symbols in his art. Together with 48 images and occasional short poems by Pittard, the storytelling sheds light on an artist's development as well as the unique culture of the mountain region served by the Virginia Creeper train, which ran from Abingdon, Va., to Elkland, N.C. (now Todd), from the early 1900s through the mid-1970s. Shoemaker is from West Jefferson and Pittard lives in both Raleigh and West Jefferson. Softcover, pages 128, \$40.

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www.eenorthcarolina.org/publications.html

Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and high-resolution color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle mail orders.

Voices of Cherokee Women

This new collection of first-person accounts by Cherokee women includes letters, diaries, newspaper articles, oral histories, ancient myths, and accounts by travelers, traders, and missionaries who encountered the Cherokees from the 16th century to the present. Among the stories told are those of Rebecca Neugin being carried as a child on the Trail of Tears; Mary Stapler Ross seeing her beautiful Rose Cottage burned to the ground during the Civil War; Hannah Hicks watching as marauders steal her food; and girls at the Cherokee Female Seminary studying the same curriculum as women at Mount Holyoke College. Edited by Carolyn Ross Johnston, "Voices of Cherokee Women" recounts how Cherokee women went from having equality within the tribe to losing political and economic power in the 19th century to again regaining power in the 20th, as Joyce Dugan and Wilma Mankiller became the first female chiefs of the Cherokee Nation. Softcover, 256 pages, \$12.95; \$9.73 e-book (Kindle).

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'Jelena' witch hazel

Winter witches

Looking for some botanical magic to break winter's icy spell in the garden? Consider witches—late-blooming witch hazels, that is. In particular, variants of the Chinese witch hazel (*Hamamelis mollis*) and the Japanese witch hazel (*H. japonica*). The Chinese version is a beautiful, spreading, small tree (15 to 18 feet tall) that sends away the waning winter in February and March with its pleasingly fragrant, yellow ribbons of flowers. The blooms of the Japanese form have more twists and curls, and can range in color from yellow to a rusty red. As a bonus, Japanese witch hazel exhibits exceptional autumn foliage color.

Hybridizers have been busy combining the best traits from Chinese and Japanese witch hazels, and the results have been many outstanding cultivars technically designated as *Hamamelis x intermedia* introductions. 'Arnold Promise', is a good example. This 20-foot-tall tree exhibits glorious orange-red autumn color, which is followed late in the winter with the fluttering of yellow, 1- to 1½-inch long, fragrant, ribbon-like blooms into the crisp, chilled air.

'Jelena' and 'Diane' are two other *H. x intermedia* cultivars that can also warm the wintry air with their blossom displays. 'Jelena' has copper-colored fall foliage, and this hue is echoed deep in the winter with its hardy, sweet-scented flowers. The color of 'Diane' is even more intense with its autumn leaves turning a sunset red, and this is

followed a few months later with a late winter show of long, stringy, copper-red, fragrant blooms.

Another *H. x intermedia* winner that can bring multi-seasonal intensity to the garden is 'Ruby Glow', a small tree (20 feet tall) that grows more upright than most witch hazels, and it does literally glow. In autumn, yellow, purple and red leaves smolder until leaf fall, but by February, the embers are rekindled in the form of small, bronze-red ribbons for flowers that defy the chilled air with their heady, sweet scents.

Garden To Do's

- Looking for more magic beyond witch hazels to brighten up a dull, lifeless winter landscape? On mild days, visit regional arboretums as well as local nurseries with display gardens to see what kinds of sassy conifers and other evergreens they are using to liven up their outdoor beds with cold-weather interest and color.
- Wild vines can quickly cover up a landscape, but now is a good time to tame them. If they have become a nuisance, severely cut back such invasive vines as wisteria, wild grape, Virginia creeper, poison ivy, Japanese honeysuckle and bittersweet.
- If they were root-pruned last fall, small woody ornamentals can be moved to a new location now.
- Just before new growth begins on liriope, shear the plants to make

room for the young shoots to come. Clippers will take care of the job in small beds, but for long border expanses, set the lawnmower up to its highest setting to do the deed much faster.

- Keep picking spent blooms off of pansies to maintain their flower show into the spring.
- If you had any problems last year with your lawnmower, weed eater, leaf blower or other such motorized garden helpers, now is a good time to have them looked over, tuned up or repaired by qualified mechanics before they are swamped with springtime business.
- Keep the bird bath free of ice and refill it with fresh water once a week. 🐦

L.A. Jackson is the former editor of *Carolina Gardener Magazine*. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

Tip of the Month

Want an indoor sneak peek at spring? Force bloom the branches of such early-blossoming beauties as crabapple, forsythia, deciduous magnolia, spirea, redbud, dogwood, pussy willow, viburnum, flowering quince or ornamental almond, cherry, peach and plum. Take a few 18-inch-long branch cuttings (snipping them on a slant), and place in a container of warm water in a room that hovers between 65 and 70 degrees F. Change the water at least three times a week, and wait, which shouldn't be long—in about three weeks, early spring!

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Long



Thanks to all 450 of you who submitted answers to the "Find the Value Of" puzzle in January's magazine. The solution is

POWER and LIGHT
 $9^+ 1^+ 0^+ 6^+ 3 = 19$ $2^+ 4^+ 5^+ 7^+ 8 = 26$

The \$50 winner, chosen at random from all correct answers submitted, was Tony French of Newport, a member of Carteret-Craven Electric.



Caldwell County is named
for Joseph Caldwell, the

— — — — —
c r l e i

— — — — —
b l s e r n s a i

— — — — —
m c t a u.

Use the capital letters in the code key below to fill in the blanks above.

CDEFINOPRS TU means
unscramble it

Oh, Henry!



Peedee is a Bantu (African) word for a dark cloth worn during mourning, when sexual relations are banned.

The Pee Dee River begins as a small spring (now under a parking lot) adjacent to the Green Park Inn in Blowing Rock. It flows generally to the southeast through western North Carolina as the Yadkin River and is dammed in several places. Just east of Charlotte it takes on the name Pee Dee River, and it is once again dammed at Blewett Falls Lake. Below this impoundment, the Pee Dee flows into South Carolina and to Winyah Bay at Georgetown.

MATCHBOXES

1 7 8 6
N R A E

x 2
D

4	9	3	6	2	5	9	2
L	C	B	E	D	I	C	D

$$\frac{2}{D}$$

North Carolina's state _____ is the _____.

To find the missing words solve the multiplication problems below and write your answers in the box tops, one digit to each box. Then match boxes.

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North Carolina
has the largest

population in the eastern U.S.

Each digit in the multiplication problems stands for the letter below it. Solve the problems and write your answers in the box tops. Then match boxes to find the missing words.

4	0	1	6	3	7	4	3
C	M	Y	N	E	I	C	E

$$X \frac{2}{R}$$

--	--	--	--	--	--	--	--

3	8	2	8	9	3
E	A	R	A	U	E

$$\frac{2}{R}$$

—	—	D	—	—	—
---	---	---	---	---	---

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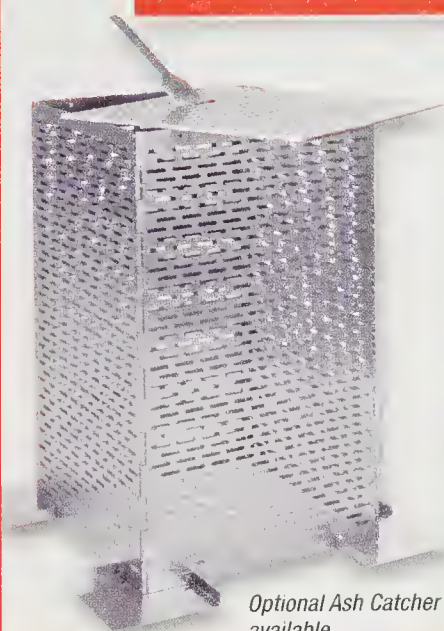


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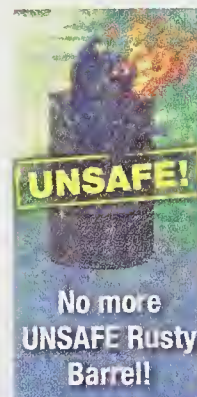
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February Events



Folks can enjoy entertainment, eat at bistros and browse art galleries, bookstores and shops during 4th Friday in Fayetteville. For more about this monthly event, call (910) 483-5311 or visit theartscouncil.com

Mountains (west of I-77)

Laura Boosinger & Josh Goforth Concert

Feb. 8, West Jefferson
(336) 846-2787
ashecountyarts.org

Totally 80's Retro Ski Weekend

Feb. 21-23, Beech Mountain
(800) 468-5506
beechmtn.com

Francaix Trio

Faculty ensemble concert
Feb. 22, West Jefferson
(336) 846-2787
ashecountyarts.org

ONGOING

Street Dance

Monday nights, Hendersonville
(828) 693-9708
www.historichendersonville.org

Guided House Tours

Wednesday through Saturdays
(828) 724-4948
www.historiccarsonhouse.com

Bluegrass Music Jam

Thursdays, Marion
(828) 652-2215

Piedmont (between I-77 & I-95)

Southern Farm Show

Feb. 5-7, Raleigh
(704) 494-7544
southernfarmshow.com

World Travels

Feb. 8, Fayetteville
(910) 433-4690
fayettevillesymphony.org

Jazz Band Concert

Feb. 9, Asheboro
(336) 629-4369

Artwalk/Art After Hours

Feb. 14, Wake Forest
(919) 570-0087

Valentines Singles Blast

Feb. 15, Cornelius
(704) 500-9305

Beginning Quilting Arts for All craft series

Feb. 15, Laurinburg
(910) 277-3599
storyartscenter.org

Fantasia In Concert

Feb. 16, Fayetteville
(910) 438-4100
crowncoliseum.com

Lecture On Dr. Samuel Johnson

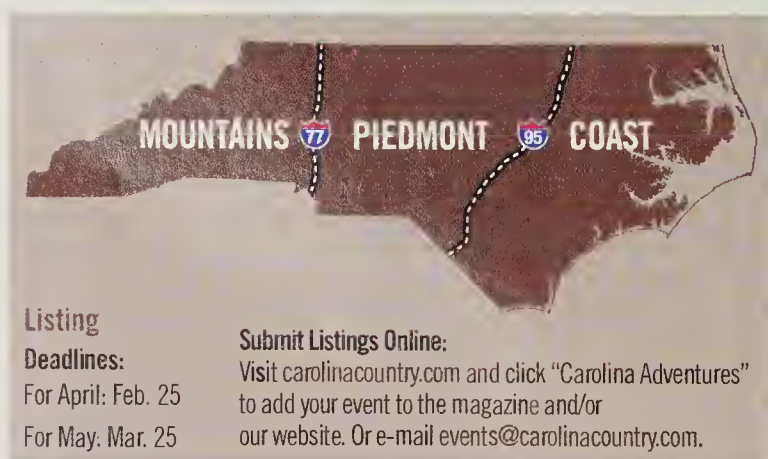
Feb. 21, Raleigh
(919) 833-3431
joellane.org

Peter Nero In Concert

Feb. 21, Pembroke
(910) 521-6361
uncp.edu/gpac

ThreeFifty Guitar Concert

Feb. 21, Laurinburg
(910) 277-3599
storyartscenter.org



Listing

Deadlines:

For April: Feb. 25
For May: Mar. 25

Submit Listings Online:

Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

Fossil Fair

Feb. 22, Gastonia
(704) 866-6908
schielemuseum.org

Gardens Symposium

Feb. 22, Greensboro
(336) 292-0227
guilfordhorticulturalsociety.org

Hunting Heritage Banquet

National Wild Turkey Federation
Feb. 22, Wingate
(704) 624-2993

Winter Wine Festival

Feb. 22, Albemarle
(704) 984-9415
stanlycountywinterwinefest.com

Book 'Em NC

Words and music literacy fundraiser
Feb. 22, Lumberton
(910) 739-9999
lumberton-nc.com

Wedding & Special Event Showcase

Feb. 23, Fayetteville
(910) 486-0221
capefearbg.org

Methodist University Jazz Monarchs

Feb. 25, Fayetteville
(910) 630-7673
methodist.edu

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Durham Civil War Roundtable

Third Thursdays, Durham
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Art After Hours

Second Fridays, Wake Forest
(919) 570-0765
sunflowerstudiowf.com

Betty Lynn (Thelma Lou)

Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
visitmayberry.com

4th Friday

Fayetteville
(910) 483-5311
theartscouncil.com

The Effect of Gamma Rays on Man-in-the Moon Marigold

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(910) 678-7186
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Fiddler On The Roof

Musical set in Russia
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(910) 323-4234
cfrt.org

The True Story Of Peter Pan

Through Feb. 16, Fayetteville
(910) 678-7186
gilberttheater.com

The Evolution Of Recorded Sound

Through March 8, Dallas
(704) 922-7681
gastoncountymuseum.org

Spring Awakening

Rock musical
Feb. 13–22, Raleigh
(919) 508-2043
peace.edu/events

It's All About The Story

Artists respond to stories
Feb. 23–March 23, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Super Circus Heroes

Ringling Brothers, Barnum & Bailey
Feb. 27–March 2, Fayetteville
(910) 438-4100
crowncoliseum.com

Coast (east of I-95)**Down East Sportman's Expo**

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downeastexpos.com

Dance 2014

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ecu.edu

Racers with guts

Normally, you don't think of runners wolfing down a dozen glazed doughnuts during a race but that's what the brave participants do (or at least attempt) at the annual Krispy Kreme Challenge. Participants start at North Carolina State University's campus, and race 2.5 miles through downtown Raleigh to the Krispy Kreme store on N. Person Street. There, they eat 12 doughnuts, then (gulp) run 2.5 miles back to the campus.

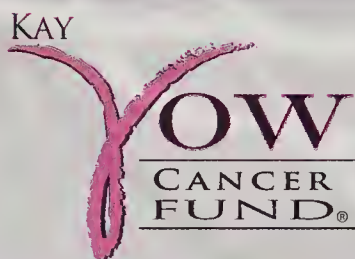
Race proceeds go to the North Carolina Children's Hospital in Chapel Hill, whose mission is to provide quality care to patients regardless of the family's ability to afford services. This year's Challenge is set for Saturday, Feb. 8, with roughly 8,000 runners expected. For more, visit krispykremechallenge.com.

**KRISPY KREME CHALLENGE**

Photos courtesy of Krispy Kreme Challenge



Sunday, February 16TH at Reynolds Coliseum
NC State vs. UNC
9TH ANNUAL HOOPS 4 HOPE GAME



To purchase tickets and donate, visit www.gopack.com/hoopsforhope

The Kay Yow Cancer Fund

Coach Yow, former NC State women's basketball coach, was first diagnosed with breast cancer in 1987 before passing away on January 24, 2009. Coach Yow did not lose her battle with breast cancer but, simply turned the battle over to each of us.

The Kay Yow Cancer Fund was founded on December 3, 2007 and is a 501 (c)(3) charitable organization committed to being a part of finding an answer in the fight against women's cancers through raising money for scientific research and related projects, assisting the underserved and unifying people for a common cause. Since its inception, the Kay Yow Cancer Fund has contributed more than \$2.6 million in grants to fund scientific research for all women's cancers and support projects to assist the underserved. For more information, visit www.kayyow.com

Hoops 4 Hope at NC State

Hoops 4 Hope began in 2006 as Coach Yow wanted to share her strength and joy in celebration with her fellow survivors. When the players take the floor and the coaches implement the game plan, it is something "much larger" than a basketball game. Players play and coaches coach to raise awareness and funds to support women's cancer research. Hoops 4 Hope is part of the Kay Yow Cancer Fund's Play 4Kay initiative.

The Gizmo Guys
 Comedy jugglers
 Feb. 7, Greenville
 (800) 342-5328

Unnatural Resources Fair
 Feb. 7-9, Greenville
 (252) 355-1039
unnaturalresources.org

Oyster Feast
 Feb. 8, Stumpy Point
 (252) 473-5884

Alpin Hong
 Firebrand pianist
 Feb. 8, Rocky Mount
 (252) 985-5197
ncwc.edu/arts/dunncenter/

Wildlife Arts Festival
 Feb. 8-9, Washington
 (252) 948-9415
ecwguild.com

Driving Miss Daisy
 Comedy-drama
 Feb. 13, Greenville
 (800) 342-5328
ecu.edu/srapas

Sweet Potato Pie
 Bluegrass, country & gospel
 Feb. 21, Rocky Mount
 (252) 985-5197
ncwc.edu/arts/dunncenter

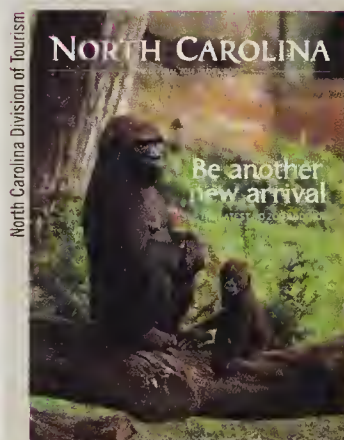
Battle of Moores Creek Bridge Anniversary
 Feb. 22-23, Currie
 (910) 283-5591
nps.gov/mocr

Bridal Expo
 Feb. 23, Greenville
 (252) 321-7671

ONGOING

Art Walk
 First Friday, Elizabeth City
 (252) 335-5330
<http://ecncart.com>

Art Walk
 First Friday, Greenville
 (252) 329-4200
www.uptowngreenville.com



New travel guide

North Carolina's new travel guide, published in print and digital formats, boasts a visually rich design and focuses on the wealth of experiences in the state.

Listing 85 attractions and nearly 4,000 accommodations, the 174-page guide is organized by the mountains, piedmont and coast. Special

sections highlight golf, cult cuisine, family fun, festivals, Southern culture, military sites and museums and parks and national monuments. The digital version's content links to videos and slideshows, and there are also magazine apps that include tap-to-reveal features and pop-ups.

The 2014 guide not only covers a lot, it has two covers. One features golfers near an iconic resort clubhouse in Pinehurst and the other cover shows two gorillas at the North Carolina Zoo. (Digital guide readers see both covers. Print version readers can request a cover; otherwise selection is random.) To get a free copy, call 1-800-VISITNC (847-4862) or order it at visitnc.com. You can access the digital version and magazine apps at visitnc.com/eguide.

CAROLINA COUNTRY adventures

Bennett Place

By Joan Wenner

The Bennett Place State Historic Site, a popular stop on the North Carolina Civil War Trails, recently celebrated its 50th year. The maintenance of the land and buildings, the care of exhibits, and its educational programs are a tribute to the efforts of the site staff, the North Carolina Dept. of Cultural Resources and a dedicated cadre of volunteers and supporters.

The site itself reveals what life was like for a rural farm family at a time when their log home became the place where one of the most monumental events of the Civil War transpired—the largest troop surrender of the war. The Bennitt family and their three children (research says Bennitt was the actual spelling) settled on a 325-acre farm in 1846 in Orange County near what soon would become the area's railroad depot. Located between Hillsborough and Durham, the picturesque site has served as a Civil War film shoot location. Its visitors center runs a 20-minute "Dawn of Peace" orientation video, as well as a presentation showing Union Gen. William T. Sherman and Confederate Gen. Joseph E. Johnston meeting on April 18, 1865, to negotiate an armistice for the formal surrender of the armies of the Carolinas, Georgia and Florida (comprising more than 89,000 soldiers). The museum gallery contains period photographs, maps, uniforms and weapons, and is slated for an ambitious expansion project.

After the April 9 surrender of Confederate Gen. Robert E. Lee to Federal Gen. Ulysses S. Grant at Appomattox Courthouse, Va., the

Confederacy's Pres. Jefferson Davis authorized Gen. Johnston to negotiate with Gen. Sherman. Sherman was in Raleigh after his notorious march through the Carolinas, and Johnston, having lost badly the month before to Sherman in Bentonville (Johnston County), was in Hillsborough. The Bennitt place was halfway between. Negotiations took three sessions between April 17–26, during which the Bennitt family attended to the dignitaries. The original pitcher that Mrs. Bennitt used to provide water to the generals survives.

The Bennitt farmhouse and kitchen, destroyed in a 1921 fire, were recreated in the 1960s from period sketches and photographs. It displays period furnishings today. "Surrender Ceremony" programs each April are well attended as is an annual 1860s style "Christmas in the Carolinas" event.

The Everett-Thissen Research Center at the site memorializes Robinson Everett, an icon in the Durham legal community, and his father, who were instrumental in helping preserve Bennett Place. It was established through the support of Mr. Charles Thissen, who donated more than 900 books including a set of the Official Records of the War of the Rebellion. In these pages are the six proposed "points of pacification" advanced by the Confederacy, and a dispatch from Gen. W.J. Hardee to Gen. G.P.T. Beauregard saying, "We are all agog and surmises are made that negotiations are afoot between Johnston and Sherman."



The Bennett Place State Historic Site between Durham and Hillsborough.

John Guss, Bennett Place, Durham CVB



Contact Bennett Place for a schedule of period re-enactments.

Bruce R. Feeley and Durham CVB

Betsy Vataavuk, whose late husband William was also a longtime supporter of the site, with others established a scholarship fund for a deserving North Carolina student studying history. Information about the scholarship fund and application can be obtained by contacting Bennett Place.

In addition to the site's museum shop, an online store has been set up by the Bennett Place Support Fund members to benefit the site: bennetplacehistoricsite.com

Bennett Place and grounds, including a nature trail and picnic area, are accessible to the physically challenged. ♿

Joan Wenner is a history and preservation writer based in Farmville. She is also on the editorial staff of Civil War News.

Bennett Place

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Charging your electric car at home

Q: I'm curious about electric vehicles.

What do I need to charge a car at my house, and how much would it cost?

A: If you have a house guest with a plug-in electric vehicle (PEV), there's no trouble because a standard 120-volt household outlet is all you need. It will be slow but works great if Uncle Max is spending the night.

Owning a PEV is a slightly different ballgame from an electricity perspective. In terms of electricity use, charging a vehicle at your home every night is like adding a member to your household.

Charging options

"Level 1" is a fancy term for a 120-volt household outlet. This is the simplest charging method because no special equipment is required. The downside is waiting eight to 10 hours for a full charge.

"Level 2" requires special charging equipment about the size of a large lunchbox. The charger can be hardwired to your home's 240-volt electrical system, which is the same voltage as a clothes dryer. A full charge can be completed in two to three hours. Prior to installation, your electrical wiring should be inspected for safety and integrity. In some situations, a service panel upgrade may also be required. Installation of these chargers costs from \$300 to \$3,500 depending on equipment and labor. These are the most common charging stations, also found at offices, shopping centers and restaurants.

The third option is "fast chargers" that are more expensive and typically found at rest stops, fueling stations and car dealerships instead of at homes. These chargers take about 20 minutes for an 80 percent battery charge.



There are three options for charging a plug-in electric vehicle—two for home charging and another for charging stations seen at rest stops or and car dealerships.

Contact your electric cooperative and electrician

Ask the following questions:

1. Is there an off-peak rate structure that can save money?
2. If you're installing a Level 2 charger or "fast charger," ask about the size of your home's electrical service and panel? Call your co-op to determine if a transformer upgrade is needed. Also, your electrical contractor may determine that your home's service panel needs to be upgraded to accommodate the new charging load.

Charger location

There are three things to consider when selecting a charger location:

1. Available space for the outlet and/or charger.
2. Charging port location on the expected vehicle.
3. Whether the driver typically backs into the parking spot or pulls in front first.

Eliminate locations that would require a cord to be wrapped around or draped over the vehicle to reach the charging port. Look out for garage doors! The charger needs to be as close as possible to the PEV's charging port so the cord is not easily damaged or becomes a tripping hazard.


"Topping off" your vehicle's battery while you're driving away from home

is easy with mobile apps that show publicly-available charging stations. There's also a website sponsored by the U.S. Department of Energy that can help you find charging stations near an address or zip code; check out www.afdc.energy.gov/fuels/electricity_locations.htm

Electricity costs

Charging a battery is cheaper than fueling a gasoline car. If you were to drive the U.S. average of 40 miles or less per day (nearly 15,000 miles per year) at an average electricity cost of 11 cents per kilowatt-hour, your typical daily charging cost would be \$1.38 or approximately \$40.80 per month.

Comparing that to a gasoline car with 30 miles per gallon paying \$3.50 per gallon of gas, the typical daily fuel cost would be \$4.65, or approximately \$140 per month. Also, all new PEVs offer a timer that allows you to set the charge time for off-peak hours.

PEVs use a small enough amount of energy that I wouldn't ask an overnight guest for reimbursement. After all, you wouldn't charge them for the hot water they used to bathe. 

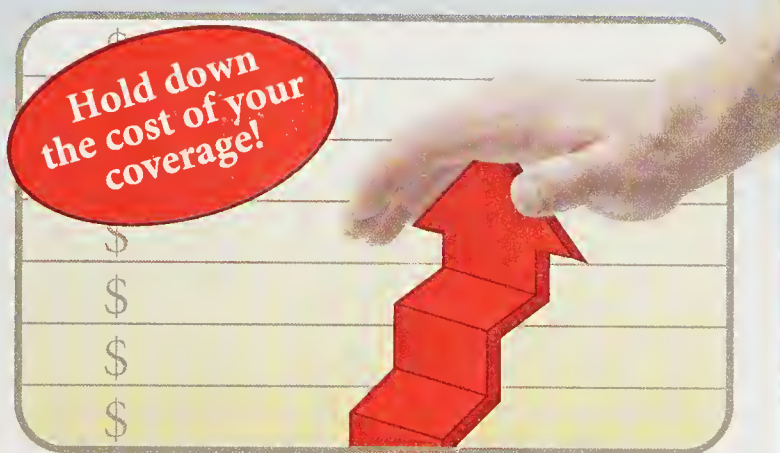
Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh. Advancedenergy.org

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In the kitchen

Heat up your energy savings with these cooking tips

If you cook and bake frequently, you consume a lot of energy in the kitchen. It's important to know how to save energy there.

The major energy user is the refrigerator. Odds are if you prepare a lot of food, you have a large refrigerator and open it often. Place your commonly used items (milk, butter, etc.) near the front of your fridge. Keep the fridge fairly full to keep items efficiently cold—use water jugs if needed.

When installing new kitchen appliances, locate them properly. The cooking range and oven should not be directly next to the refrigerator. Their heat makes the refrigerator compressor run longer. Also, don't put the range or oven under a window; a breeze can carry away heat before it gets into your pots and pans.

Ranges and induction units

The most efficient electric range heating elements are induction units. These elements produce magnetic energy which warms magnetic (usually iron and steel) pots and pans. If there is no utensil on an induction element, the element does not get hot. Induction elements provide heating control almost as precise as gas burners, and nearly all of the energy goes into the pot or pan to heat food. With a regular resistance element, the heat transfers from the range top to the base of the pot. A lot of heat is lost to the air, never getting to the food.

Because you may not always use magnetic cooking dishes, your range can have only one or two induction elements. The others can be standard resistance or halogen elements. Halogen elements heat up faster, but are not as efficient. Opt for different sizes, then match the size of the pot to the element size for less heat loss.

Oven savvy

When it comes to ovens, most professionals prefer electric ones. They hold heat for baking more evenly than gas



1: The pot should fit the heating element and it should be covered when boiling water. 2: Use lower-wattage countertop cooking appliances, instead of the range or oven, whenever possible. 3: Use a microwave oven for cooking smaller amounts of food. 4: When the weather is warmer and you are air-conditioning, use smaller cooking appliances outdoors when possible.

ovens. Another advantage, especially during summer, is that an electric oven does not introduce extra moisture to your house.

A convection oven is a better energy-saver compared to a standard oven. Even though the small air circulation fan in a convection oven uses some electricity, the oven itself cooks so much faster that there is significant overall savings. Choose a self-cleaning oven, because they often have heavier wall insulation needed for the super-high cleaning temperature.

Advantage of small appliances

A good way to use less energy in the kitchen is to use small countertop appliances when possible. For example, a small toaster oven, especially one with a convection option, uses

significantly less electricity than large oven elements. Countertop electric woks and rice cookers are other good examples. During summer, you can use them outdoors to reduce indoor heat.

Microwave ovens are still the most efficient appliance for cooking individual food items. They run on lower wattage and offer short cook times, compared to regular ovens. If you are cooking larger quantities of food, a large oven remains the best choice. Plan your baking to make foods that require similar baking temperatures simultaneously or consecutively while the oven is hot. Ⓢ

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Beef Tenderloin With Red-Wine Shallot Gravy



- 1 beef tenderloin (5-pound), trimmed
- 5 tablespoons olive oil, divided
- 2 teaspoons kosher salt
- 2 teaspoons ground black pepper
- Red-Wine Shallot Gravy (see recipe)
- Oven-Roasted Shallots and Garlic (see recipe)
- Garnish: fresh thyme and fresh rosemary

Preheat oven to 400 degrees. Spray a roasting pan with nonstick cooking spray. Set aside. Meanwhile, remove tenderloin from refrigerator, and let come to room temperature. Using a basting brush, brush beef with 3 tablespoons olive oil, coating all sides. Season with salt and pepper.

Heat a large heavy-bottom skillet over medium-high heat. Add remaining 2 tablespoons olive oil. Brown beef on all sides; remove from skillet. Place beef in prepared pan. Reserve skillet for making Red-Wine Shallot Gravy.

Roast until a meat thermometer inserted in the thickest part of tenderloin

registers 130 degrees (medium-rare), 20 to 25 minutes. Let beef rest for at least 10 minutes before slicing. Serve with Oven-Roasted Shallots and Garlic and Red-Wine Shallot Gravy. Garnish with thyme and rosemary, if desired.

Yield: approximately 8 servings

Note: Save time by asking your butcher to trim the tenderloin for you.

Red-Wine Shallot Gravy

- 2 tablespoons olive oil
- 4 shallots, minced
- 2 cloves garlic, minced
- 1 cup red wine
- 4 cups beef broth
- 1 cup heavy whipping cream
- 2 tablespoons chopped fresh thyme
- 1 tablespoon chopped fresh rosemary
- ½ teaspoon ground black pepper
- ¼ cup unsalted butter, chilled

In the same skillet that tenderloin was browned in, heat olive oil over medium heat. Add shallots and garlic, and cook until tender, approximately 5 minutes. Remove from heat, and add red wine. Return to heat, and bring mixture to a boil. Cook mixture over high heat until reduced by half, approximately 20 minutes. Whisk in broth, cream, thyme, rosemary, and pepper. Cook, stirring occasionally, until mixture thickens, approximately 10 minutes. Remove from heat and add butter, whisking until melted. Serve immediately, or store covered in the refrigerator for up to 3 days. Warm before serving.

Yield: approximately 4½ cups

Oven-Roasted Shallots and Garlic

- 6 shallots, peeled and cut into quarters
- 1 red onion, peeled and cut into eighths
- 3 cloves elephant garlic, peeled and cut into quarters
- 6 cloves garlic, peeled
- ¼ cup olive oil
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

Preheat oven to 400 degrees. Line a rimmed baking sheet with aluminum foil. Set aside.

In a large bowl, combine shallots, onion and garlics. Add olive oil, salt, and pepper, stirring to combine. Place mixture on prepared baking sheet.

Bake until browned and tender, 20 to 25 minutes. Remove from oven, and let cool slightly. Serve immediately, or store covered in the refrigerator for up to 3 days.

Yield: approximately 6 servings

From Your Kitchen

Snowflake Cookies

- ½ cup white chocolate chips
- ½ cup Rice Krispies cereal
- 1½ cups all purpose flour
- ¾ teaspoon baking soda
- ¼ teaspoon baking powder
- ½ cup brown sugar
- ½ cup chocolate chips
- ½ cup oats
- ½ cup sugar
- 1 egg
- 2 tablespoons water
- ½ cup margarine, softened

Preheat oven to 350 degrees.

Blend the last three ingredients (egg, water & margarine) together. When combined add the rest of the ingredients. Dough will be thick. Drop cookie dough by teaspoon full on cookie sheet. Bake for 10–12 minutes or until desired doneness.

*Recipe courtesy of
Garrett Niner, Wilmington*

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Recipes courtesy of Taste of the South magazine, preserving the past and celebrating the future of southern food. tasteofthesouthmagazine.com

Pimiento Cheese Omelet



- 4 large eggs
- ¼ cup heavy whipping cream
- ½ teaspoon hot sauce
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground black pepper
- 1 tablespoon olive oil
- ¼ cup shredded extra-sharp cheddar cheese
- 2 tablespoons chopped pimientos
- 2 tablespoons chopped roasted red bell pepper

In a medium bowl, beat eggs with a wire whisk until pale yellow, approximately 1 minute. Add cream, hot sauce, Worcestershire, salt, and pepper, whisking to combine.

In a nonstick skillet, heat olive oil over medium heat. Pour egg mixture into skillet. Cook, without stirring, until the bottom of eggs starts to set, approximately 1 minute.

Using a heat-resistant spatula, gently tear a hole in eggs; tilt pan to allow uncooked egg to flow into the empty space. Repeat procedure until all of eggs are cooked. Sprinkle cheese, pimientos and roasted red peppers on half of egg. Fold remaining half of egg over cheese, pimientos and peppers. Turn off heat, and cover for approximately 1 minute to melt cheese.

Remove from pan and serve immediately. Serve with a small salad, if desired.

Yield: 1 serving

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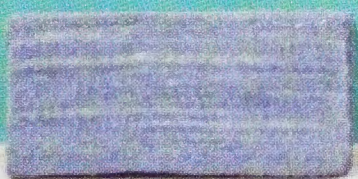
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FlexTV Offer Important Terms and Conditions: Activation fee: FlexTV plan requires \$199 activation fee and receiver purchase. Customers subscribing to DishLATINO or qualifying International programming package receive instant \$150 credit on activation fee. Installation/Equipment Requirements: Monthly fees and limits on number and type of receivers will apply. All charges, including monthly programming, pay-per-view and equipment upgrades, must be paid in advance; failure to pay by due date will lead to service disconnection within 24 hours. Other Promotional Offers (not eligible for FlexTV Offer) Important Terms and Conditions: After 12-month promotional period, then-current everyday monthly price applies and is subject to change. ETF: If you cancel service during first 24 months, early cancellation fee of \$20 for each month remaining applies. Activation fee may apply. Premium Channels: 3-month premium offer value is \$165; after promotional period, then-current everyday monthly prices apply and are subject to change. Hopper Features: AutoHop feature is only available with playback the next day of select primetime shows on ABC, CBS, FOX and NBC as part of PrimeTime Anytime feature. Both features are subject to availability. Installation/Equipment Requirements: Certain equipment is leased and must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. Recording hours vary; 2000 hours based on SD programming. Equipment comparison based on equipment available from major TV providers as of 1/17/14. Watching live and recorded TV anywhere requires an Internet-connected, Sling-enabled DVR and compatible mobile device. Miscellaneous: All Offers require activation of new qualifying DISH service. Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. State reimbursement charges may apply. Additional restrictions and taxes may apply. Offers end 6/12/14. Blockbuster @Home requires Internet connection to stream content. HD-only channels not available with select packages. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. Internet Regular monthly rate and Promotional Rates for High Speed Internet Product varies by providers available at each individual address. \$19.99 rate is most widely available product. Call for providers available